

Thursday, March 15, 2018

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School's 'humiliating' punishments under fire

Jerounds Primary School in Pyenest Road, Harlow



Father claims pupils made to clear up lunch mess after bad class behaviour

By **Sophie Finnegan**
sophie.finnegan@essexlive.news

A FATHER of a school boy has slammed a primary school in Harlow for "publicly humiliating" children with their new disciplinary procedure which makes pupils "wear bibs and clean up lunch mess".

The concerned parent disagrees with the "community order" type policy adopted at

Jerounds Primary School on Pyenest Road.

He claims children have been reduced to tears after being made to clear up other people's lunches in a coloured bib.

Worried

The worried father, whose son attends Jerounds, but would like to remain anonymous, said: "From what I have heard, a couple of boys in my son's school

who had been misbehaving were given a community service like punishment.

"They are made to wear bright red bibs and they have to tidy up the lunches of other children and they eat last.

"It's absolutely disgraceful.

"I know a few of the boys have felt humiliated, they have started crying, they just felt embarrassed.

"I agree that if a child mis-

behaves that they should be punished, but not like this in such a horrible way.

"If that happened to my son, I would go straight to the school."

In an OFSTED report last year, the school was rated inadequate with leadership and management an area that needs to be improved on.

The parent continued: "This punishment is applicable to

Year 1 students, so five-year-old children have been in tears because of this.

"I think this is a desperate attempt by a failing school to grasp at control.

"I think it has been in force since January but this is the first public humiliation we have heard of.

"Two people say their children have come home crying about it.

"One of the boys didn't want to wear the bib and he was told he had to wear it."

"It's demeaning, embarrassing, degrading, humiliating and it's almost singling them out and saying that they're a criminal.

"What the school used to do is if a child had been misbehaving, they would have to walk around the playground holding the hand of a teacher which is still about it.

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Secrets, W's Celebrity Advice Bureau and Channel 5's It's Not Me, It's You. He also guest-hosted Sunday Takeover on Virgin Radio, featured on The Arts Show with Jonathan Ross on BBC Radio 2 and was named one of Attitude Magazine's Top 100 Bachelors of the Year.

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FOLK-ROCK STORY

THE LINDISFARNE STORY: WATER LANE, BISHOP'S STORTFORD, SATURDAY,

Award-comic winning Stephen Bailey comes to Harlow Playhouse this weekend

MARCH 17

Former Lindisfarne members Ray Laidlaw and Billy Mitchell perform the songs of the folk-rock band, with stories of its history.

The up close and intimate set will feature all of the hits from their back catalogue including the breakthrough single Meet Me On The Corner (penned by the newly-retired Rod Clements), Lady Eleanor and Run For Home (all Top 10 hits) as well as classic anthems We Can Swing Together and Fog On The Tyne.

Following a ceremony in 2012 to unveil a commemorative plaque at Newcastle City Hall to mark the lifetime achievements of the late Alan Hull, the band relaunched themselves with the simple aim of keeping his musical legacy alive.

They have performed Christmas shows to well over 12,000 fans and also made an acclaimed headline appearance at the Great British Folk Festival. Tickets £28.62.

MUSICAL TREAT

PAUL LEWIS: SAFFRON HALL, AUDLEY END ROAD, SAFFRON WALDEN, SUNDAY, MARCH 18, 3PM

The Guardian has praised Paul Lewis for his "intelligence and intensity", but regular audiences will already know just how intimately Lewis understands the unspoken connections between great masterpieces.

In his second concert of this series, he contrasts Haydn's rapid-fire wit with Brahms at his darkest and Beethoven at his most playful.

Tickets £26 - visit www.saffronhall.com

Couple distraught after wedding venue cancels

Claim £15k celebration halted as some guests of gypsy heritage

By Hannah Kane

hannah.kane@essexlive.news

A COUPLE from Harlow have been left distraught after their wedding venue cancelled on them 12 days before the wedding "because they are travellers".

Ellemay Gumble was looking forward to the perfect wedding at Orsett Hall, Thurrock, on March 18.

The 18-year-old could not wait to walk down the aisle and marry her fiancé Luke Booth, also 18.

However, on Wednesday March 7, she claims that she received a call from the venue saying they had cancelled the wedding because some of the guests were of gypsy heritage.

Ellemay said: "We have had the wedding planned for nine months with them and it's all been paid for."

"I've been to spa and open days there too and everyone at Orsett Hall knew that there were travellers coming to the wedding."

Cancelled

"They rang me and said they have some bad news. I thought it was something silly like a timing issue. But then she said the wedding has had to be cancelled."

"I was hysterical. She wouldn't tell me why but said we had to collect the money immediately."

Ellemay and Luke had paid around £15,000 to Orsett Hall for the room, ceremony, food and decorations.

With little indication as to why her special day had been cancelled, Ellemay and her father drove to the luxury venue.

When they arrived, they were hoping to speak to a manager, however were ushered into a room by a security guard the owner had hired.

She said: "The manager refused to meet us. A security guard was hired by the owner."

"We walked to the reception and they directed us to another

Ellemay Gumble and her fiancé Luke Booth were hoping to get married at Orsett Hall



room.

"Again, we weren't told anything but the security guard said he was told that the wedding had been cancelled because we were travellers."

"They knew that we were travellers and some of Luke's family have had weddings there so they are well aware."

"We had to fight to get a cancellation form."

"Our wedding licence was only valid for that venue too, so we've had to ask the registrar to change it for a different venue."

"This usually takes 30 days so now we don't know what's going to happen."

Honeymoon

The pair were hoping to jet off to Tenerife on their honeymoon the day after the wedding, but with the possibility of the wedding not happening, they could

lose out on hundreds of pounds.

Ellemay said: "We will lose the cake, the photographer, all the things we had coming to the venue like a photo booth."

"We had everything that was going to make it amazing and we are going to lose it all."

With the day in jeopardy, Ellemay rang round different venues to see if they could spare a room at such short notice.

"Thurrock Hotel could not believe what they have done and very kindly given us a room on that day."

"But we still have to wait to get the licence approved," she said.

"I also have family coming from South Africa and Kuwait, so it is really important to have the wedding on that day."

Orsett Hall declined to comment when approached by the Harlow Star.



Bad behaviour punishments at Jerounds Primary School have been criticised

Claims of 'damaging' penalties at primary

■ From front page

embarrassing but I think it is a lot better than this.

"I think this is humiliating and will damage any child's self-esteem."

The school said it is a "shame" that their methods have been misunderstood and claims it is a way of "giving back to the school" when they have wasted valuable teaching time.

Laura Ciftci, Head of School at Jerounds Primary School, said: "Our new behaviour policy promotes and rewards good behaviour, but when children have wasted teaching or learning time we ask them to address this by giving back to the school, rather than punishing them."

Helping

"There are lots of ways they can do this - for example, helping tidy up at lunchtime, collecting litter or helping at social events."

"They do these activities with supervision and would never be made to sit and eat by themselves."

"The children wear coloured bibs for some of these activities and a variety of others, such as being playground leaders."

"This is not to single them out, but helps our staff identify them so they can provide the relevant support."

"Our behaviour policy is something that we wanted to introduce to help the children appreciate the school and its environment."

"It is a shame there has been a misinterpretation of our successful work to tackle behaviour, but I am more than happy to discuss how it works and how it benefits the school with anyone from our school community."



Ellemay and Luke were excited about their wedding plans

Massive sale at Toys R Us but date of final closure a mystery

The Toys R Us store in Harlow has announced a massive sale because it is closing soon.

This comes as the company revealed it had been put into administration and would be shutting shops in the near future.

The Harlow, Basildon and Thurrock branches have discounts of up to 25 per cent off many toys in store.

All big brands are included in the sale, even the most popular names such as Lego, Nerf, Peppa Pig, Thomas the Tank Engine, Star Wars, Play Doh, Baby Born and Barbie, as well as bikes, games consoles, soft toys, books, games and arts and crafts.

The Babies R Us range is also taking part in the sale, making it a must for new mums and dads or parents-to-be, as there are discounts on everything from prams and buggies to car seats and cots.

Toys R Us went into administration at the end of February this year after the company searched for a buyer for the business, but failed to do so.

It's not yet clear how many of the company's stores will be closed.

"You can find great discounts across all ranges, including some of the biggest toy brands, and stock levels are high, so there is plenty of choice," a Toys R Us spokesperson said. "Customers are advised to take advantage of the heavy discounts as soon as possible, as weekend sales in other stores across the country indicate that some of the most popular ranges may sell out fast."

"There are plenty of bargains to be had in store, everything is now reduced by up to 25% on shelf price," a spokesman for Toys R Us added.

"If you're looking for toys or expecting a baby then head to the store now, everything must go. Due to such fast-moving demand, please hurry before all the stock is gone."

The Toys R Us company started in America in the 1950s and arrived in the UK in 1985. It has made financial losses in seven out of the last eight years.

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Darren pens book about 'professional hit gone wrong' that Victim of brutal attack reveals his 20-year fight to get life back

Darren, Wendy and their two children, Jord, 22, and Shannon, 20



Darren and Wendy married in 1990, six years before the attack

By Lottie O'Neill
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A HARLOW dad has spoken about the harrowing moment he opened his front door and was violently attacked in a "professional hit gone wrong."

Darren Barden has recalled the moment he answered a knock at his home 20 years ago and was attacked by two complete strangers.

On October 7, 1996, Mr Barden heard the knock late at night and raced down the stairs to answer the caller. When he opened the front door he was met by two men he had never seen before and within moments they began to stab him.

"The blows kept coming in. I must have been unconscious, as I was on the floor in a foetal position and I was getting banged on the head," he said.

"I made my way through my hallway and to the phone. Blood was pouring out everywhere, it went on the carpets, on the walls and even the light.

"I dialled 999 screaming for help, police, or ambulance, anybody, someone come and help me."

Mr Barden, who worked as a van driver at the time, lived with his wife and one-year-old son in Brocklesmead in Harlow. He would also deliver newspapers in the early hours of the morning, and would often come home to sleep between the two jobs.

He explained: "We didn't have mobile phones, if we overslept your friends would knock to get you up."

"We heard a knock. I jumped out of my bed in my underpants, opened the door, there were two guys stood there. One of them looked across to my left, nodded, and that was it, they came forward."

"My initial reaction to this was to put my hands out defending myself."

"What I remember, it sort of just stopped."

"I looked at them, I looked at their feet as they walked away. At this point I had no clue I had been stabbed at all. I just thought I had been beaten up."



Darren suffered multiple stab wounds

The attack lasted a few minutes, as a witness called the operator at 12.03am and it was 12.06am when Mr Barden, who is now 50, managed to crawl to his telephone and call 999 himself.

His wife, Wendy, was upstairs with their son, Jord, now 22, who was teething at the time. Initially she believed the screaming was coming from outside the house, but realised it was her husband shouting downstairs after the attack.

Mr Barden said: "She didn't know what to do. She made her way down and saw me sitting there bleeding to death basically."

"I found out later, there was an 18-inch meat cleaver, which luckily enough they hadn't used."

The father-of-two, who now works as a salesman, suffered multiple stab wounds to his skull, legs and back. The wound in his back was so deep that surgeons had to stitch up the deep cut inside as well as on the outside for it to

heal properly.

He managed to call his parents as he waited for the emergency services to arrive but doesn't recall the conversation.

He said: "When the police arrived, we didn't let them in, we didn't know who was at the door, it was frantic knocking."

"I was sitting there bleeding to death, then my mum and dad arrived. The police told my mum 'we have done all we can for him', and that must have been painful."

The paramedics arrived and prepared to take Mr Barden to hospital, and as he was taken out to the ambulance on a stretcher, he said he thought he wasn't going to survive the violent attack.

He said: "I looked up to the sky, it was a beautiful blue with all the stars shining. Now whenever I look to a clear sky it makes me smile."

The family began working on

rebuilding their life again after the event. They moved house to Old Harlow, and had a daughter, Shannon, who is now 20. However, several years later Mr Barden's mental health began to suffer. He said: "I had a massive mental breakdown. I was on the verge of killing myself. It lasted about six months."

"The previous 16 years, all I had been searching for is for someone to put their arm around me and say 'That was a really, really bad, that attack'. Police put it down to 'a bad day in the office', because I was a nobody."

"I hadn't done anything wrong to anyone. I was the run-of-the-mill normal bloke in the wrong moment."

"It was a professional hit that went wrong."

After coming out of his depression, Mr Barden has decided to write a book about what has happened to him and his journey with his mental health.

He said: "The breakdown was far worse than the attack."

"It was so bad. It was the worst experience ever."

He visited his GP who gave him medication to help, and he said that after a time he felt better.

He added: "In time I felt back to normal. I came out the other end."

"I want the story of what I have been through, the depression and the story, to be a positive one. It was a dark story but I want it to be a good outcome."

"People out there, for whatever reason, it could be a car crash or a death of a family member, and they are anxious and depressed, but there can be a light at the end of the tunnel."

Mr Barden's attackers were never brought to justice.

He said: "I have never felt anger towards the people that had done it, because I knew it was the wrong person. It never bothered me."

He began writing his memoirs early last year (2017) and the book, called Let's Skip to the Good Bits, will be published on April 12.

A book launch event will take place at the Park Inn Hotel, in Harlow, and the book will be available on Amazon, including Kindle and Waterstones.



Darren Barden, 50, and his wife, Wendy, 48

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hurt him mentally as well as physically



Darren with his family, several years after the attack



Darren Barden was a victim of a violent attack in 1996



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Traveller found not guilty of hitting neighbour with a gun

Jury clears man and his father of charges of affray and possessing of weapons



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By Richard Duggan

richard.duggan@essexlive.news

A TRAVELLER accused of attacking his neighbour with a gun on a campsite in Harlow has been cleared of all charges.

Alfred Cooper, 40, was alleged to have assaulted Maria Price with an air rifle by hitting her in the stomach during an altercation at the Elizabeth Way Caravan Site on October 22 last year.

It was said that Cooper, who lives on the campsite with members of his immediate and extended family, also damaged property and affray during the incident.

Having been charged with a string of offences, Cooper was brought before Chelmsford Crown Court for trial.

Alongside him in the dock was his father, 62-year-old Albert Cooper, who was also charged with affray.

The younger of the two men was also initially on trial for two counts of possessing a weapon with intent to cause fear of violence, charges which were later dropped.

During the trial, Ms Price told

the court how she had been disturbed by a "loud noise" while she was stood outside her home.

Ms Price explained that her daughter lives next door to her on the Elizabeth Way Caravan Site.

After hearing the loud noise, Ms Price reached the gap which bridged her own home and her daughter's plots.

It was then she claimed that she saw Alfred, who she referred to as Ben, and his father walking towards her.

"I think Ben was a little bit further forward than his dad," Maria said.

"He had a gun in his hand."

Ms Price claimed that Alfred Cooper had walked towards her with a gun in his hand and struck her with it.

The witness claimed that she was called a "gavvers", a derogatory traveller term for a police officer, before she reported the incident at Harlow police station.

Alfred Cooper's barrister, Jeremy Lynn, then cross-examined Ms Price about the evidence she had given.

The heated questioning saw both barrister and witness speak

over one another, with Judge Charles Gratwicke having to resolve the difficulties between both several times.

The witness claimed she had seen the younger defendant with a shotgun before October 22 but said there was "no point" in reporting such sightings to the authorities.

She also described how she had been "feuding" with her neighbours.

Ms Price denied that someone else had caused the damage to the trailer which she claimed had been fired at by Alfred.

When Mr Lynn put to the witness that she was not telling the truth about Alfred hitting her with a gun, she replied: "Are you calling me a liar?"

It took the jury less than four hours to return not guilty verdicts on the counts against both defendants on Friday (March 9).

At the end of the hearing, Judge Charles Gratwicke thanked the jurors for their service.

He then directed that Alfred Cooper, who had been in custody through the trial, could be released.

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Chelmsford Crown Court

47 days without using the loo but 24-year-old may have answered call, says expert

Did suspect do a sneaky poo in his police cell?

By Sophie Finnegan

sophie.finnegan@essexlive.news

A SUSPECTED drug dealer from Harlow who didn't go to the toilet for 47 days could have pooped without police knowledge, an expert has claimed.

Trish McNair of the Primary Care Society for Gastroenterology (the science of disorders of the stomach and intestines), claims it was unlikely that the 24-year-old man went that long without passing a solid while in police custody.

Lamarr Chambers, of Villa Road, Brixton, appeared in front of Chelmsford Magistrates' Court eight times after he was charged with possession with intent to supply class A drugs and driving matters, but the charges have now been dropped by the Crown Prosecution Service (CPS).

He has since been re-arrested on suspicion of being concerned in the supply of a class A drug and has been released on bail.

Chambers has smashed the British record for being in police custody the longest without pooing.

The court authorised the detention of him several times to enable him to pass the drugs which police suspected were inside him.

However, after 47 days in custody, he had still not emptied his bowels and so was released from custody and taken to hospital for treatment.

Hide

Trish explained: "I think he may have found a way to empty his bowels. I know police were there but he may have emptied it in inside his clothes and somehow managed to hide it.

"It wouldn't be far fetched if he was elderly but he is a young man.

"In a young person like him, you would be able to hold on to start with, but the bowel would fill and the poo would start to dry out

as it expanded. If you were still eating, eventually the natural reflex would occur and it would be hard to hold on and it would empty on its own accord.

"However, if you then manage to suppress that and you are not drinking the bowel would fill up with poo.

"The large bowel removes liquid and if you are not drinking, the longer you leave it the harder and drier the poo becomes and the more difficult it is push through.

"What happens is your bowel will fill up with dry poo and eventually it would push out of the body no matter how painful it may be.

"It could make you feel bloated and experience tummy pains or just being generally uncomfortable.

"Sometimes it impacts internally as it fills up more and more, stretching the bowel affecting your internal abdominal.

"So there's three options: It empties by itself, it empties



The scene when Lamarr Chambers was first arrested

uncomfortably or it just gets stuck and bursts internally."

Essex Police confirmed that during his time in custody, Mr Chambers was routinely supplied with food and water and received medical visits every day.

However, the suspect still didn't go to the toilet.

Trish continued: "You could give them medication to lubricate the bowel, but if this didn't work then get a manual evacuation

which is where a brave nurse would put on some rubber gloves and pull it out. If a manual evacuation is not possible, then surgery may be the next option.

Damage

"In the long run, it can damage the bowel if it had been stretched causing ulcers on the lining of the bowel. It can also cause long term scarring that could damage and affect the passing

of poo in the future.

"For most people, they eventually recover from scarring but the longer it goes on, the higher the risk of tears of the bowel.

"If it ruptures internally, there is a risk of infection because poo carries a lot of bacteria and often some of those infections can be life threatening."

Essex Police maintains that Mr Chambers did not pass anything while in police custody.



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Setting Standards for Retirement Communities

Troubled mum was getting her life together – but she was found unconscious



The inquest took place at Seax House in Chelmsford

Woman died on the day she took delivery of dad's ashes

By Richard Duggan
richard.duggan@essexlive.news

A HARLOW mum with a long history of mental health issues was found unconscious after overdosing on her late father's medication, an inquest heard.

Louise Cheetham's son discovered her lying unresponsive on the bedroom floor of her home in Carters Mead on October 26 last year.

While her brother desperately attempted to perform CPR, paramedics were called in the hope of saving the 44-year-old's life.

But Ms Cheetham was pronounced dead shortly after emergency services arrived.

On March 13, an inquest was reopened at Essex Coroner's Court in Chelmsford.

At the start of the hearing, senior coroner Caroline Beasley-Murray spoke directly to Ms Cheetham's mother and sister.

"This is my first opportunity to express sympathy to you two on the loss of Louise in these very sad circumstances," she said.

"I'm sure it must be very difficult for you to be here at this inquest today."

The court heard how Ms Cheetham had been known to mental health services but was discharged from their care a year before she died.

In addition to suffering with depression, she also battled with emotionally unstable personality

disorder. On the order of the coroner, Dr Martin Goddard conducted a post mortem examination at Princess Alexandra Hospital on October 30.

The cause of death given following the autopsy was "aspiration of gastric contents" and "oxycodone and alcohol toxicity", meaning she had consumed both alcohol and painkillers.

Although Ms Cheetham had been on a number of medications, the pills that she ingested had actually been prescribed to her father.

Aftermath

Temporary inspector Matt Allsop was the only witness to give evidence at the inquest, having been the most senior officer to attend in the aftermath of Ms Cheetham's death.

The officer told the court how when he arrived at Carters Mead, he found that Ms Cheetham's body was "dishevelled" as a result of CPR.

Although police were unable to find a note, the inspector determined there were no suspicious circumstances surrounding the death.

"She had been drinking heavily," inspector Allsop added.

"She had taken delivery of her father's ashes that day."

Despite that assertion, the victim's sister, Clare, explained she did not feel their father's death had as negative an effect as they

initially feared.

She also claimed Ms Cheetham's life had been going "really well", referencing the fact she had started a new job and bought a car.

Referring to her sister's mental health, she said: "It was unstable at times."

"At that particularly time in her life, things were going really well for her."

The court heard how Ms Cheetham had spoken to her mother shortly before her death and had been due to go to work at Harlow Rugby Club.

It was also revealed that she had attempted to take her own life several times before but would always end up calling family members.

Having considered the evidence, the coroner felt there was not enough evidence to prove Ms Cheetham had deliberately committed suicide or died as a result of an accident.

Instead, Mrs Beasley-Murray recorded an open verdict.

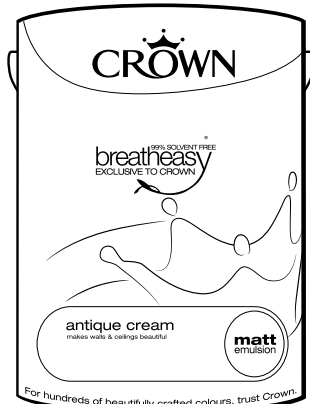
Addressing the family, the coroner said: "She clearly was much loved."

"Would you also express sympathy to other family members?"

"The court hopes you will be able to think back on the happy memories you have of her," the coroner added.

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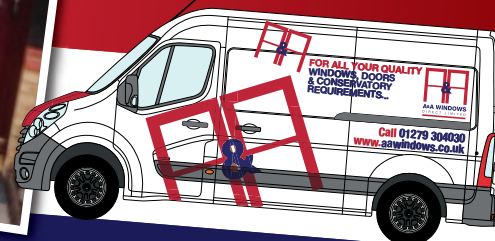
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Investigation underway into death of newly-wed found unconscious outside bar

Inquest is told man died after pub brawl in Harlow

By Sophie Finnegan

sophie.finnegan@essexlive.news

A NEWLY-MARRIED man who died after a fight broke out at a Harlow pub suffered a facial haemorrhage, an inquest has heard.

On August 17, 2017, police were alerted to a fight outside The Poplar Kitten public house on Tawneys Road, at 10.41pm.

Andrew Watt, 48, was found unconscious by officers and he was airlifted to Addenbrooke's Hospital in Cambridge.

Sadly, the 48-year old died from

his injuries a day later on August 18. Speaking after his death, his wife Sarah Watt said: "Tragically my best friend and gorgeous husband was taken away from me.

"We had only been married for eight weeks. Our wedding day was the most amazing day of our lives. He was the love of my life.

Devastated

"Andy was the most infectious person I have ever known.

He was loving, caring, funny, and a fantastic friend, brother, nephew and son.

"His friends and family are dev-



Andrew Watt

astated, as am I, and we are going to miss him dearly.

"He was a popular figure who was loved by all.

"But most of all of he was my husband, who I miss more than words can ever say. I am abso-

lutely heartbroken."

A post-mortem was carried out on August 29, where a histology and a toxicology report was also formed. The pathologist concluded his cause of death to be a facial haemorrhage.

Senior coroner, Caroline Beasley-Murray did not set a date for the resumption of the inquest due to an on-going police investigation.

Two men, aged 23 and 26, from Harlow, were arrested on suspicion of causing grievous bodily harm and then released under investigation.



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Old airman deserves good crowd at funeral

A DESPERATE plea has been made to the public to give a Royal Air Force veteran – who has no family to attend his funeral – the send off he deserves.

The mystery surrounding Kenneth White continues with the council knowing very little information known about the old airman.

Mr White lived in Cambridge at the time of his death and because he has no family, and Cambridge City Council will be supervising the funeral.

The funeral is also being organised by St Ives-based funeral directors Dennis Easton.

Neither the council nor the funeral firm could provide any details about Mr White.

But a posting on the social media site Veterans Honoured said: "An RAF veteran called Kenneth White has sadly passed away without any family in this country at all.

Funeral

"If there is anyone who may be able to attend his funeral (which is being arranged by the council) on March 26 at the East Chapel of Cambridge Crematorium at 9.15am, it would be a lovely gesture. Thank you."

A spokeswoman for Cambridge Joint Ex-Services Club said: "We have been told by the Royal Air Force Association that they hope to have a contingent at the funeral."

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Casting agent looking for youngster to star in upcoming Hollywood film

A MAJOR film company is looking for an Essex youngster to star in an upcoming movie.

A casting agent is looking for a boy from Essex to play the lead role in the feature film.

The movie will be produced by 20th Century Fox and directed by Taika Waititi, who also directed Hunter for the Wilderpeople and Thor: Ragnarok.

The dream is even better as they're not asking for acting experience and want to meet interesting candidates.

Des Hamilton Casting, a London-based Film and TV casting company which specialises in discovering new talent, are hoping to find the star.

The company found the child stars of This is England, Top Boy, Pride and Prejudice and Zombies, and Four Lions. They also discovered talent for BBC series Gunpowder and the Netflix original film, War Machine.

They have cast roles when visiting schools in the area, or watching football matches and have moved away from casting directors and strict audition tapes.

They have released an open call for and boys who fit the description to join them for a quick meet at a local school.

What are they looking for? They are looking for a "quirky", working class boy who is aged 10 to 11 and is preferably

small for his age.

They'd like to meet a child who has a distinctive, characterful face for the lead role of the upcoming film.

The meeting will be very brief and mostly be a chat with one of the casting directors as it is not a standard audition. No professional acting experience is necessary.

The open casting call will take place on Saturday March 17, between 1.30 and 5.30pm at Jada Theatre School, 83 Brunswick Road, Southend-on-Sea.

If you are interested but unable to attend you can email office@deshamilton.com with a photograph and brief description, including name, age and height.



Des Hamilton Casting found the child stars of the popular This is England film and television show

ADVERTISEMENT FEATURE



Specsavers' teams up-skill awareness in glaucoma - the silent thief of sight

In the build up to World Glaucoma Week this week, Specsavers teams have been up-skilling to better support patients with the condition.



his condition is now managed by using eye drops daily.

Often symptomless in its early stages, glaucoma is the leading cause of irreversible sight loss. It is thought to affect 700,000 people in the UK today, but as many as 50% of cases are undiagnosed*.

In conjunction with the International Glaucoma Association, Specsavers has developed training for its retail teams to assist sufferers with their treatment. Specifically, they will be advising on how to effectively administer eye drops, which are crucial for managing the condition.

This new training complements the skills held by Specsavers' optometrists, who have collectively completed almost 5,000 postgraduate glaucoma accreditations since 2017, through a variety of accrediting bodies including Cardiff University and the College of Optometrists.

Alan, now an advocate of regular eye tests and good eye health, believes early diagnosis and careful management has saved his sight. He says: 'I would strongly urge people to go for regular eye tests, and to make the most of the advice and support provided by their local optician.'

Karen Osborn, chief executive of IGA, says: 'The majority of people who are diagnosed early with glaucoma will retain useful sight for life. Most will be treated with medical eye drops. Unfortunately we know from calls to our helpline that many people aren't told about how to put the drop in the eye correctly, or aren't advised about the aids that are available to help them. We are delighted to work with Specsavers on this often over-looked aspect of glaucoma management.'

*RNIB State of the Nation Eye Health Report 2017

Alan Murphy was just 37 when a trip to Specsavers found the early stages of glaucoma. Thanks to early detection,



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Graduate is suing ARU over degree

AN ANGLIA Ruskin University graduate is suing the institution for £60,000 saying her degree hasn't helped her get a job.

Pok Wong, 29, graduated from Anglia Ruskin with a degree in International Business Strategy Management in 2013, which she has labelled as a "Mickey Mouse" qualification.

However, she says that the university misrepresented itself and – in legal documents lodged before the London County Court – she also claims that since graduating it has been proven the degree does not play a role to help secure a job with prospects.

Miss Wong, who is originally from Hong Kong, claims the prospectus misrepresented the university as a "renowned centre of excellence when university guides in 2010 ranked the centre low compared to other universities.

The university have rejected Miss Wong's claims and accusations and say they did not misrepresent the quality of the education.

A spokesperson said: "We are well aware of the claims made by this former student and we are robustly defending the current litigation.

"Her complaints have been through the full Office of the Independent Adjudicator process.

"She then made a complaint to the Information Commissioner's Office which was rejected after a thorough investigation.

"Subsequently she has launched legal action against us and has been required to pay our costs at an earlier hearing.

"As this case is before the court we will not be saying anything further at this stage."

School issues a warning after abduction reports

Head sends email to parents expressing concerns for child safety



Burnt Mill Academy have warned school parents to be vigilant following the reports of attempted abductions

By Tom Bage

tom.bage@essexlive.news

A SCHOOL in Harlow has warned parents to remain vigilant after reports of attempted child abductions from busy nearby shopping areas.

Burnt Mill Academy emailed parents of the school warning that the community should remain vigilant.

The school said on Wednesday, March 7, it had received reports there had been attempted child abductions around the Harvey Centre and Sainsbury's Supermarket.

Reports

The email, sent by school head teacher Laura McGlashan, said: "We have had reports today that there have been attempted child abductions in Harlow this week around the Harvey Centre and Sainsbury's Supermarket.

"We do not want to cause alarm, but instead warn our community to be vigilant and careful when in public with your children."

Burnt Mill Academy is situated in the north of the town, next to Harlow Town Park and is less than a mile from The Harvey Centre and Sainsbury's.

The reports of attempted child abductions in the town remain unconfirmed.

Essex Police were approached for comment.

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County bracing itself for more snowfall as cold weather returns



Snow and freezing conditions could be heading back to Essex

THE Beast from the East has only been gone for just over a week, but snow is already set to return to Essex this weekend.

The treacherous travel conditions caused by the snow recently still bring back nightmares for people.

However, this weekend the 'Beast' could be making a comeback with much of the country – including Essex – in the firing line.

A Met Office forecast for the weekend predicts that the weather will be "turning much colder, windier again with some snow possible."

Current forecasts predict that there is a 60 per cent chance of light snow from 3pm until noon on Saturday (March 17), with temperatures sitting narrowly over freezing throughout the day.

It'll feel much colder though, with wind chill expected to feel closer to -5 degrees during the late morning and early afternoon.

According to the current predicted forecast this weekend, there is also a 50 per cent chance of light snow from midnight until 6am on Sunday (March 18) morning.

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Passion is secret of success for family-run fish and chip shop



After 30 years, Mr Luigis in Harlow closed its doors on Sunday, March 11 for a major refurbishment and is reopening in May 2018 with a brand new state-of-the art look

This family-run fish and chip story started in the early 1960s when Luigi, Libby and Tony Forgione's parents noticed fish and chips were a great British tradition.

They bought a mobile fish and chip van, and that's where the journey began.

The business then moved into a shop in East Finchley later in the 1960s, Tottenham in the 1970s and Edmonton in the 1980s.

In 1988, the next generation of Forgiones, the three brothers, took the baton and opened Mr Luigis.

Nazeing Fish & Chips, which opened in Nazeing three years ago, brings the same Forgione expertise readers have enjoyed at Hoddesdon's Captain's Fish & Chips since 1999 and on March 13 they opened their fourth restaurant Sidneys in Rye Road, Hoddesdon.

When it comes to awards, they have made some impressive catches. The trio were featured in the Daily Mail when they won an award for being one of the top fish and chip shops in London and the South East.

More recently Captain's Fish and Chips, situated on Hoddesdon High Street, was



named in the Top Ten Fish & Chips in the UK - securing themselves the accolade of being the best in central and southern England in a competition organised by Seafish, which has been dubbed the Oscars of the industry.

Today, the family's passion for serving high-quality fish and chips shows no sign of diminishing, and the brothers are happy to share their secret.

"Our secret to success is

passion, passion, passion" they said.

"We would prefer our customers wait for their food, rather than their food waiting for them.

"Fish and chips is not only a delicious meal, but an important part of a balanced British diet.

"We serve quality food prepared and cooked to our own special recipes for that great traditional taste.

"We're a family business

dedicated to providing consistency. We get the best fish from our trawlers caught from sustainable fishing grounds.

"Our potatoes are the highest quality, grown locally especially for us.

"All our products are prepared on the premises, using the latest technology to ensure we serve you a healthier product. Quality comes first."

During the refurbishment loyal customers of Mr Luigis can

visit any of their other locations and enjoy 25% off of their first order when presenting the advert on the opposite page at time of ordering.

Good Friday is also just around the corner. It's a given that most of us will be tucking into chocolate eggs over the four-day weekend this Easter.

But for many, there are plenty of older Easter traditions that people stick to each year - even if they never step foot inside a

church.

One of the most famous is avoiding meat on Good Friday, instead swapping it for fish.

One of the regular sights on Good Friday is the queue out the door of all of the Forgione family shops as hungry customers wait to buy their Good Friday award winning fish supper.

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Bereavements

BRIDIE ARNOLD

Sadly passed away on 4th March 2018, aged 78 years.

Bridie will be greatly missed by all her loving family & friends.

Funeral service to be held at Our Lady of Fatima Church, Harlow on Wednesday 21st March at 1.30pm followed by burial at Sawbridgeworth Cemetery.

Flowers or donations made payable to 'St Clare Hospice' may be sent c/o Daniel Robinson & Son's, Wych Elm, Harlow, CM20 1QP. Tel: 01279 426990. Alternatively, please visit the 'In Memory page' at www.drobinson.co.uk

Freda Lilian CUTMORE

19.12.31 - 28.2.2018

Passed away peacefully at Premier Court Nursing Home following a short illness.

A much loved wife, mother & nana.

Funeral service to take place on Monday 26th March 2018 at St James Church Thorley at 11.30 followed by a burial in the churchyard.

Flowers or donations for The Stroke Association may be sent c/o Daniel Robinson & Sons, 79/81 South Street, Bishops Stortford Herts CM23 3AL. Tel 01279 655477

David Anthony DAVIES

Died peacefully on 3rd March, aged 89. Beloved husband of Margaret, father of Tim, Sarah and Guy and proud grandfather.

Managing Partner of Nockolds Solicitors. Memorial service at St Eadburgha's Church, Broadway, Worcestershire, WR12 7JS on Friday 23rd March at 1pm, dress warm. Family flowers only, donations, if desired, to The Salvation Army or ABF The Soldiers' Charity, c/o Philip Tomlins. Funeral Directors Tel: 01386 765133

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Bereavements

Janet DEXTER

On February 26th 2018, at home, Janet fell asleep.

A loving wife to Frank, father to Sue and

Grandmother to Alex and Natalie.

Friend to many and loved by all.

She will be so greatly missed.

Family flowers only please.

Donations to The Greyhound Trust.

Please wear something turquoise to the funeral, details of which are available from Daniel Robinson & Sons, Wych Elm, Harlow, CM20 1QP. Tel: 01279 426990

Search any announcement online or place a notice 24/7

family-announcements.co.uk/essex

Bereavements

Ivy May GREGORY

Passed away on 26th February 2018 aged 96 years. She will be sadly missed by her friends and neighbours. The funeral service will take place at Parndon Wood Crematorium on Monday 19th March at 3.15pm.

All flowers welcome may be sent c/o Daniel Robinson & Sons, 79/81 South Street, Bishops Stortford, CM23 3AL



Sharen Horne

Sharen sadly passed away on the 26th February. Deeply missed by her husband John, her children Tom, Jake, Joleene, Brett and Katy and her 10 grandchildren.

Her Funeral starts at Parndon Wood Crematorium, Harlow at 10.00am on the 22nd March. Following this is a Service at St Mary's Church in Bitchanger. The Wake is at Bitchanger S&S.

All who knew and loved Sharen are welcome. Flowers can be sent to Daniel Robinson & Sons (Bishops Stortford)

More than 2000 loving messages are placed every month on our site, you can leave your own tribute today completely free of charge.

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Edward MUNN

Passed away peacefully on 4th March 2018 aged 88 Years.

Beloved Husband of Joan and much loved by all his Family. He will be greatly missed.

The Funeral Service will be held at Parndon Wood Crematorium on Monday 19th March 2018 at 4.45pm.

Wearing of Black is not essential.

Family flowers only please.

If desired, donations made payable to 'Friends of Jenner House' may be sent c/o Daniel Robinson & Sons, Wych Elm, Harlow, CM20 1QP. Tel 01279 426990. Alternatively, please visit the 'In Memory' page at www.drobinson.co.uk

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Bereavements

Kenneth Alfred POTTLE



It is with great sadness that we have to announce that Ken sadly passed away peacefully on the 16th February 2018, aged 87 years.

Beloved husband to Grace.

Ken will be sadly missed by his sons and daughter, grandchildren and great grandchildren.

He will be greatly missed by the local community and to all those that knew him through work or socially. "No more vegetables or those jokes"

A true character.

The funeral service will take place at Parndon Wood Crematorium on Thursday 22nd March 2018 at 11.30am.

Family flowers only please.

Donations if desired for Cancer Research UK may be sent c/o Daniel Robinson & Sons, Wych Elm, Harlow, CM20 1QP or via the In Memory pages www.drobinson.co.uk. Tel: 01279 426990

MARGARET JOAN POWER

Sadly passed away on 5th March 2018, aged 75 years.

She will be greatly missed by all her loving family and friends. Something green to be worn (Optional)

Funeral service to be held at Parndon Wood Crematorium on Monday 19th March at 2.30pm.

Family flowers only, donations made payable to 'Parkinsons UK' (Harlow) may be sent c/o Daniel Robinson & Son's, Wych Elm, Harlow CM20 1QP. Tel: 01279 426990. Alternatively, please visit the 'In Memory page' at www.drobinson.co.uk



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Eva SIMPSON

Sadly passed away on 8th March 2018 aged 84 Years.

At peace after a long illness.

Eva will be sadly missed by all her family & friends.

The funeral service will be held at Parndon Wood Crematorium on Friday 23rd March at 3.15pm.

Family flowers only please.

If desired, donations made payable to 'Cancer Research UK' may be sent c/o

Daniel Robinson & Sons, Wych Elm, Harlow, CM20 1QP. Tel: 01279 426990

Alternatively, please visit the 'In Memory' page at www.drobinson.co.uk

Bereavements

Albert James WADHAMS

Passed away peacefully in Princess Alexandra Hospital on the 22nd February 2018 aged 78. He will be deeply missed by his wife Coral, son Darren, Grandchildren, friends and all who knew him.

Albert's funeral service will be held at Parndon Wood Crematorium on Wednesday 21st March 2018 at 4.45pm. Family flowers only please but donations for St Clare Hospice may be sent to Daniel Robinson & Sons, 3 Bullfields, Sawbridgeworth, CM21 9DB. Telephone 01279-722476

Alternatively, please visit our In Memory pages at www.drobinson.co.uk

Iris (Bobby) WALL

14.04.1923 - 03.03.2018

After a long happy life, died peacefully at home.

Very much loved and missed by husband Ken, sons Bryan & Colin, grandsons, Matthew, Alex, Ben and all her family and friends.

Funeral service at Parndon Wood Crematorium on Friday 23rd March at 12.15pm.

Family flowers only please. Donations to St. Clare's Hospice c/o Daniel Robinson, Wych Elm, Harlow, CM20 1QP.

Tel 01279 426990 or via www.drobinson.co.uk

Joyce WATERMAN

Sadly passed away on 6th March aged 89 years. She will be greatly missed as she was the much loved wife of Charlie, mum to Raymond, Julie, 5 Grandchildren & 5 Great Grandchildren.

Joyce was the long serving chairman of the Heath Row over 60's Club.

Funeral service to be held at Parndon Wood Crematorium on Wednesday 21st March 2018 at 10.45am.

Flowers or donations for The Salvation Army (Bishops Stortford Branch) may be sent c/o Daniel Robinson & Sons, 79/81 South Street, Bishop's Stortford Herts CM23 3AL. Tel 01279 655477

Acknowledgements



Ronnie MANSFIELD

To all my family, friends and neighbours. Thank you for the lovely cards and flowers that were sent for Ron's funeral.

Your kindness meant so much to us all. Thank you to Daniel Robinson & Sons for their care and support, shown to me and my family.

From Joan Mansfield.

In Memoriam

LEONARD ERNEST EMERSON (LEN)

Died 12th March 2013. Always in our thoughts.

Millie and Colin



FELTON Irene — Loving memories of our dear Mum, Nan and Great Nanny. Love from all the family. Mrs Margaret Moody

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In Memoriam

ETHEL GRAHAM (Mary)

March 19th 2013.
Beautiful memories,
treasured forever
of the happy years
we all spent together.
Love from
Maureen, Denis,
Graeme and Anne xx



LIGHT A CANDLE

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Tony LIDDIATT

18th March 2015

I sat by your bedside
holding your hand, I
knew we had to part,
when I saw that you
had gone, it really
broke my heart. You
can't come back, I
know that's true, but
one day my darling, I
will come to you. In life
I loved you darling and
in death I love you too.

Love and miss you
forever
Love Carol

In Memoriam

SHRAPNEL Kevin (Lynch)

6/3/10
Dearly missed by all
Love Sean, Natalie,
Daisy, Amy.

**RICHARD WEBB**

16.03.2013

5 long years since you
passed away. I still miss
you every day.
Forever in my thoughts.

Love June



Birthday Memories

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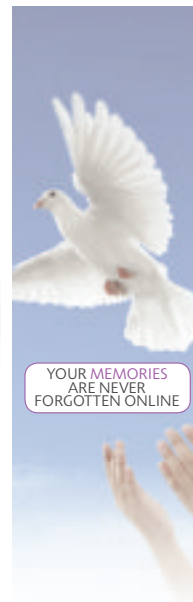
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YOUR VIEWS

LETTERS

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'Shameful' decision to shut GP surgery

I READ with interest your recent article on the closure of the Osler House doctors' practice in Potter Street and just asked: Why?

The reason apparently is because the local Clinical Commissioning Group [CCG] has had its government funding dramatically cut in the last 12 months. If that is correct our MP should be holding his head in shame because it is his government and their mendacious policies that caused it.

However, the CCG should also take a share of the blame because of the way they have handled this issue. They were given formal notice last year by the current health providers in Potter Street of their intention to withdraw from their contract but failed to inform the patients, local residents' or the three local councillors until last week, a month before its intended closure. It is shameful, deceitful and disgusting on all counts, and the main

“
It is shameful,
deceitful and
disgusting on all
counts
”

Gary Roberts

losers will be the elderly and retired patients who rely on the services provided at Osler House.

I suggested that: The residents and patients should consider making an application for a Judicial Review hearing to consider the actions of the CCG in not disclosing they had received notice from the Practice Group. This would cost and would only delay the closure not reverse it sadly.

The second option which is the most viable in my view is to make the CCG a direct

employer of the doctors and staff at Osler House. In short bring the surgery back in-house. It would reduce costs and improve the service currently offered to its patients. Let the CCG earn their money because as they admitted to residents' at a public meeting last week they do have some! Apparently this option cannot happen but again have failed to explain why.

Finally, the CCG should not allow the Practice Group to take anything from the surgery that does not belong to them as happened when some doctors moved from Osler House to Church Langley some years ago.

As with all public services this government has failed to deliver. What is worse is that it has used the mendacious and one-eyed ideology of austerity to justify its disgraceful actions to the patients of Osler House. The really disgusting crime is that politicians have just been given another salary



A male kingfisher along the River Stort, Harlow, taken by Brian Gleeson

increase: You really couldn't make it up.
Gary Roberts
Carters Mead, Harlow

How long can the NHS survive?

WHAT on earth did people think the 2012 Health and Social Care Act was about. Instead of the Health Secretary taking responsibility for mismanagement and privatisation that no one voted for, that has been devolved to a 'trust', where, I doubt half a dozen voters could name one member! They play pass the parcel with the privatised resources! We didn't vote for this: but Robert Halfon did.

Grenfell tower happened because elected representatives handed over their responsibilities to private, for profit,

contractors. A much more slow motion tragedy is developing in our amazing health service. With Brexit having stripped out medical staff, and privatizers running riot, how long can the NHS survive?

A simple question: while serious cases were piling up in corridors and ambulances at A&E for lack of beds, how many beds were occupied by a new race of private patients having elective or non-urgent surgery?

Nick Gunning
Halling Hill, Harlow

Why has school gone backwards?

I HAVE just read the Ofsted report on Forest Hall School, which was inspected in mid-January.

In the report published on February 27, the school has been given a grading of

CONTACT US

■ Please enclose your full address and daytime telephone number. Keep your letter to no more than 200 words. We reserve the right to edit material.

■ Email your pictures in JPEG format marked 'Your Views' Please add your name, where you're from and where you took the photo. We reserve the right to reuse pictures at our discretion.

"Requires Improvement".

It is interesting to note that the school, under its previous head teacher, Catherine Anderson, moved in three years from being in "Special Measures" to being

WEBCHAT

■ POLICE BLOCKED BY LORRIES ON M25 AS THEY TRIED TO ATTEND SERIOUS CRASH ON A13

Darren Playle: As a goods vehicle driver, I wouldn't take a break on a hard shoulder even if I'd hit an unexpected delay causing me to run out of time. I would get to the nearest safe place for my break, even if it meant running over time, then at the end of my shift take a printout of my tachograph from the tachograph head and write an explanation on the back as to why I ran over. This should be enough to

satisfy the authorities and prevent a fine, as long as it isn't a regular occurrence. No excuses for hard shoulder blocking. There are too many foreigners doing this on certain stretches and in certain places on the M25. **Elizabeth Hughes:** Since when has it been legal to park on hard shoulder of a motorway?? Hard shoulder is for breakdowns & emergency services only!!

Roy Warner: This is why I gave up my HGV Licence, too many contradictory rules which make it

virtually impossible for drivers to stay within these regulations and not break the law. Individual companies introduce their own and tell the drivers it's up to them to stay legal!!!! **Ann Trow:** Of course they shouldn't take a break on hard shoulder but neither should motorway hard shoulders be used as live lanes.

■ HARLOW PATIENTS SLAM DECISION TO CLOSE DOWN OSLER HOUSE SURGERY

Emily Louise Tovell: You already can't get a doctor's

appointment as there is huge strain on doctors to have time to see you. This will just add to that problem less surgeries more time to wait to get a appointment potentially putting lives at risk bad idea to close it.

David Bryant: I've heard nothing about the closure or Osler House from them at all the first I heard about it was the article in the Star.

Dave Bassett: I find this news most irritating. We are not going to have any local services without travelling.

■ THE SQUARE IN HARLOW HAS BEEN PULLED DOWN BY DEVELOPERS

Emma Beute: Far too many to list but basically from college days till closing I spent many fantastic nights at The Square. Whoever is responsible for Harlow losing this valuable community venue I hope you have the most miserable life. Feel so sad for future generations that they will not experience this incredible place. Rip the square. Never forgotten. **Peter Cox:** My first ever Square gig, The Kennedy Soundtrack back when I was

15, a whole 16 years ago. Remember coming out of there raving about how awesome and loud the place was. Little did I know it would be my second home for years to come.

Andy Lee: Developers have knocked down The Square developers have undeveloped yet another bit of Harlow infrastructure we are but a computer town now.

Reece Bishop: OMG I went to the rock school here I meet my first girlfriend here, I had my first alcohol here, good memories.

The hot topics our readers have been discussing on social media this week

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AT COMMUNITY
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NEWS.CO.UK

PHOTO of the week

Sunrise over Harlow. Picture
taken by Nicola McAlpine

judged as "Good" in June 2013.

The website of the Burnt Mill Academy Trust, of which Forest Hall is a member, claims that the school is on a journey from "Good" to "Outstanding". That it is now graded as "Requires Improvement" suggests that the school may have somehow taken a wrong turn. It will be interesting to

read the school's explanation for this.

Godfrey Evans
Church Street,
Colne Engaine

MP's support for stores' workers

FOLLOWING the announcement of Toys R Us and Maplin's administration

this week, Harlow MP, Robert Halfon, has written to the Government to ask what they will be doing to support workers. Commenting, Robert Halfon said: "I was very disappointed to hear about the closures of Toys R Us and Maplin. My primary concern is the residents who are employed at the Harlow branches of these stores, which have been part of our

town for many, many years. "I have already been in touch with the managers of the Harlow stores and the JobCentre to offer my support. I've also contacted the Government to ask what plans they have to minimise the negative impact the closure will have on local workers.

"If any residents affected by this would like my help,

then please do not hesitate to get in touch with me by emailing halfon4harlow@roberthalfon.com or calling my office on 01279 311451."

Rt. Hon. Robert Halfon MP

NHS is a jewel in our crown

I HAVE just spent ten days in Saunders Ward PAH.

The care and attention I was given was incredibly amazing. I cannot fault the doctors and nurses and would like to thank them for making my stay as comfortable as possible.

We must all fight to keep the NHS. It is a jewel in our crown and envied by all the world.

Peter Ginn
By email

Robert Halfon



POINTS OF VIEW

Rt. Hon. Robert Halfon MP

RECENTLY, I spoke during a debate in the House of Commons to support a cap on energy bills.

I have long campaigned to cut the cost of living for people in Harlow, working hard to freeze fuel duty and scrap hospital car parking charges. The cost of living is one of the most important issues facing the country and energy costs are a huge part

of this.

Our energy market is not competitive and the six largest energy providers earn £1.4 billion more than they should by leaving loyal customers on poor value tariffs.

I was shocked to find out that a hardworking Harlow resident and his or her family may, therefore, be paying £300 extra for their

energy, simply because they do not switch to a cheaper tariff with a different provider.

The Government is working to make switching supplier easier and quicker, but lots of people do not have the time to even consider making a change. This leaves them on a standard tariff, paying hundreds of pounds extra for

their energy.

On top of this, some people are forced to pay fees for not signing up to payment by direct debit.

I started my campaign against these extra charges in 2014 when I found out that some companies charge up to £390 extra.

These charges don't seem to have gone away and people were charged over

£70 more on average last year for not paying by direct debit.

A cap on standard tariffs would bring an end to this. It would limit what people on Standard Variables Tariffs have to pay, leaving more money in their pockets. Alongside a cap, I think a Consumer Bill of Rights should also be introduced. It would be standardised

across the energy industry and would guarantee a clear set of rights to every energy customer in the UK.

I will continue to campaign to cut the cost of living for hardworking Harlow people.

As always, if there's anything I can do to help, please get in touch via halfon4harlow@roberthalfon.com.

TALKING POINT

Homelessness is on the rise so what do we do to tackle it?

THE BIG QUESTION:

Homelessness in the UK is estimated to have risen on average by 15% in the previous year, what steps need to be made to reduce this figure?



CONSERVATIVE



Simon Carter

THE simple answer is to build more housing of course.

But as not enough homes have been constructed in any of the preceding 25 years, the housing market needs a dramatic overhaul.

In the short-term, the Government's Homeless Reduction Act kicks in

shortly, requiring councils to intervene much earlier to try and prevent people becoming homeless in the first place.

Locally, Streets2Homes and Harlow Council are doing this already, mediating between families and negotiating with landlords.

But this is only a sticking plaster – the act does not produce any more homes.

It is not just down to the government to relax borrowing powers for councils to build more homes, there needs to be a major culture change.

Developers need to focus on building the 400,000 homes for which they already have planning permission.

They could be incentivised by having to pay full council tax on their planned numbers if they have not built, say, the first ten properties within two years.

Councils also need to use the existing tools they have, such as housing companies. 49 councils have already built 528 homes, not many but it's a start. Harlow Council has the powers to create a housing company, but does not have the imagination or leadership to do so. Whoever thought a Labour council would refuse to build council houses?

At a local and national level we must continue to drive forward initiatives to reduce homelessness. There are wider societal issues that need to be addressed too.

Relationship breakdown, job loss, mental health problems and substance misuse can be contributing triggers for homelessness. As a community we should face up to these challenges and offer support to those most in need to help make real significant reductions in homelessness numbers.

INDEPENDENT



Jon Clempner

HOMELESSNESS is a significant and growing problem. In Harlow, there were 31 rough sleepers at the end of February, a 93% increase over last year.

For individuals, the causes and triggers of homelessness are many and varied, including relationship breakup, job loss, mental

health issues, and substance dependency, often in combination.

Nationally the issues are more systemic, including a lack of truly affordable housing, particularly social housing for non-priority single people, and supported housing for those with particular needs, as well as support to identify and work with those at risk of becoming homeless.

For those that fall into difficulty, benefits do not provide support to access housing, housing benefit rates are not realistic, particularly for those under 35, and landlords should be incentivised to let to those on benefits through tax breaks or direct payments.

Much good work is done by the voluntary sector, although often targeted at picking up the pieces after people are homeless, such as drop-in centres, and emergency accommodation.

Locally, Streets2Homes provides much more,

helping individuals access housing through deposit guarantee schemes, access the jobs market, and sustain a tenancy.

The sight of a person sleeping rough, particularly in the recent freezing weather, tugs at the heart strings, and may prompt people to provide a hot drink or to rail against the local council, and things like the Severe Weather Emergency Provision are an essential, and literal, lifeline.

The solution however is investment in social and supported housing, enabling councils to build houses, a benefits system driven by real need not political dogma, funding for councils to provide better tenancy support for those at risk, funding mental health and substance abuse services, and funding for organisations such as streets2homes to enable them to support people back into housing, and sustain a home of their own.

LABOUR



Maggie Hulcoop

This is a conservative estimate because many people slip through the net because they are "sofa surfing." And the number has increased every year for six years.

In London, the "homeless capital" of the UK, figures have been relatively static, but in commuter towns such as Harlow the numbers are rising.

The causes of this are cuts to our welfare system imposed by the Conservative government and the failure to build enough affordable housing.

This in turn has led to a rise in private rents which then become unaffordable due to benefit cuts. It's a truly vicious circle.

Theresa May is banking on the implementation of the

Homelessness Reduction Act this year which will require local authorities to take active steps to prevent households at risk of homelessness tipping into crisis.

But the reality is that local authorities already struggle to support those already in crisis and with government funding to councils set to be further reduced by half over the next two years, and almost phased out completely by 2020, how will they be able to do this?

The answer to homelessness is for more genuinely affordable homes to be built, an end to the local housing allowance freeze, and immediate measures to increase security for tenants in the private sector.

Harlow's Labour council is working hard to build more affordable homes on council owned land and investing £25 million annually in improvements to ensure decent home targets are met and improve housing conditions.

But if we really want to see an end to the scourge of homelessness, we need a Labour government.

Recent Labour commitments include purchasing properties, giving local authorities power to seize properties deliberately left empty, requiring councils to build more affordable housing and providing the funding for them to do so and requiring housing associations to make homes available as soon as they become vacant.

WHAT QUESTIONS DO YOU WANT ANSWERED?

■ Every week, we'll be putting your questions to representatives of each of your main local parties. So get involved! Email your questions to get the issues that matter to you on the agenda.

EMAIL YOUR QUESTIONS TO COMMUNITY @HERTSESSEX NEWS.CO.UK

ACCORDING to the Government's own information, one in every 200 people in the UK is homeless or living in inadequate housing.

YOUR YESTERYEAR

Remember the coldest winter here since 1740?

THE so-called Beast from the East in the first week of March saw the coldest weather for the time of year for 32 years.

But we have to look back to 1963 to find the chilliest winter in living memory. In fact, the winter of 1962-3 was the coldest since 1740.

The snow first set in on Boxing Day 1962 with many inches of snow lying on the ground by the end of the day. A few days later there was another snowstorm crippling the county.

Furthermore, two inches of snow were reported to have fallen during the night of January 4. Then, on the night of January 18, it was reported that since the start of that month, the temperature had rarely crept above freezing point day or night.

It wasn't until the first week of March that the snow began to melt to any degree.

during early January, 100 men took part in Operation Snowclear to keep Harlow's roads open. Some worked for "25 hours with only two short breaks" to clear the snow-covered streets and highways around Harlow.

A hundred tons of salt were distributed throughout the district.

"Snow blitz leaders" were praised for the snow-clearing operation, with Harlow Council congratulating them on their "excellent job".

Thirteen-foot drifts were reported as the snow was whipped off the fields by high winds from the East and North East. A signpost at Threshers Bush "proudly points the way ... even though the way may be impassable", the Chronicle reported.

A police car was even trapped in the snow for five hours before being dug out.

The snow brought many problems, not just in getting around the town; it always brought a "fuel crisis" as there were problems with coal deliveries, with the Eastern Gas Board being "19 days behind in its delivery"

as the town braced itself for power cuts.

Tany's Dell school was closed the week ending January 25 after cold weather caused a power cut, which in turn led to the boiler exploding.

Regulars at The Cock public house, Great Parndon, were in for their own big freeze nightmare as "for

A car buried in the huge drifts at Threshers Bush

several dreadful moments it was feared that the worst had actually happened – the

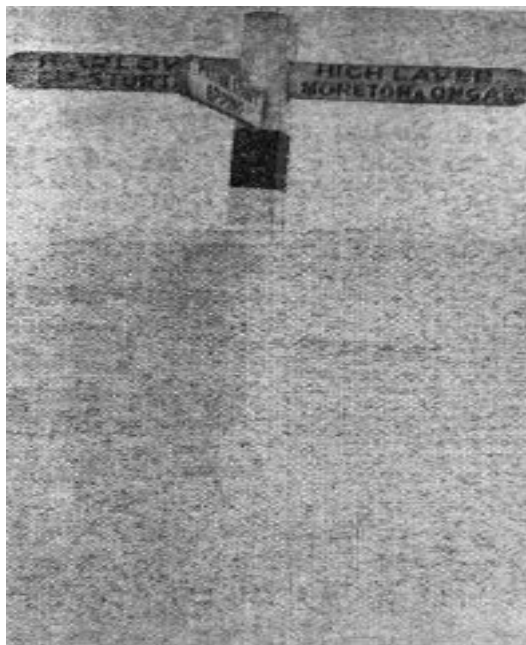
beer had frozen up". Upon investigation it was found to be only the pipes that had frozen; the beer was served straight from the barrel and the crisis was averted – more luck than the customers at the Merry Fiddlers, Epping,

experienced. Here, the beer really did freeze.

Despite this, it was not all hardship. After a skiing trip to Switzerland, 16 pupils and two teachers from Passmores School returned to "find the snow just as good on their

own school playing field".

■ *Our thanks to Ryan Karolak, curator of Harlow Museum, Sarah Elwes, and Mark Davison, co-author of the Essex Weather Book for their contributions.*



The village signpost at Threshers bush was only just visible above the snowdrifts in 1962-3



Mountainous snowdrifts at Threshers Bush during the winter of 1962-63



After a skiing trip to Switzerland, these pupils and teachers from Passmores School returned to find the snow just as good on their own school playing field



Harlow Common was buried under snow in winter of 1962-63

YOUR EDUCATION NEWS

Futurechef national finals joy for Dylan

TALENTED young chefs attended the Futurechef regional finals in Orpington, Kent recently to fight for a place in the national finals.

Passmores students, Dylan Willett and Ross Blackshaw arrived well prepared, fresh from their professional mentoring sessions delivered by Glenn Evans, Head of Food Development at Las Iguanas and Ben Nottage, Executive Chef at the Radisson Blu hotel, Stansted Airport.

Dylan's menu consisted of a main course of duck breast in a red wine jus, followed by a deconstructed cheesecake, while Ross served up sticky glazed lamb rump for main and a coconut and lime soufflé for pudding.

Both menus were

technically challenging and demonstrated the sophisticated culinary skills the boys have acquired through mentoring and their own efforts.

After a high-pressure round and a tense wait for the judges' deliberation, it was announced that Dylan had achieved second place, with Ross coming in third.

But an unexpected turn of events has meant the winning competitor will be unable to attend the final. As first runner up, Dylan now take this place, representing Passmores.

The boys' teacher, Emma Jameson said: "Dylan and Ross demonstrated exceptional maturity and professionalism and were a credit to our school.



Ben and Glenn with young chefs Dylan and Ross

Although they were competing against each other, the boys' camaraderie was outstanding.

"They remain the best of friends and their passion for

cooking continues to increase".

Looking forward to the national finals, which take place in London in March, Dylan said: 'I was really

surprised when my teacher told me I was going to the final and really happy. I haven't decided what I'm going to make yet but will be working with my mentor on

this, practising near enough every day either at home or at school. I like to cook anything that's a challenge. My dad has inspired me and has helped me the most."

Director of performing arts academy secures leadership accolade

A SCHOOL director has secured another national leadership qualification.

Cristin Casey, director of performing arts for the Burnt Mill Academy Trust (BMAT), has completed the two-year Ambition School Leadership programme.

The charity was formed from the Future Leaders Trust and Teaching Leaders to transform the lives of children in disadvantaged areas by building a network of exceptional school leaders.

The programme entails extensive training on every element of leadership and management, as well as the completion of a research project.

Mrs Casey, who has graduated to become a

fellow, completed the programme during evening, weekend and residential workshops and presentations, as well as monthly CPD (Continuing Professional Development).

She said: "The charity is looking to close the gap and raise attainment through performing arts. At Burnt Mill Academy, we have exceeded the national averages in all areas.

"The school has had consistent and improved results which show the gaps have been closing. This is about developing leadership capacity, so I can be a part of the next generation of senior leaders. I have developed leadership skills which I am sharing with colleagues and students."

Mrs Casey completed her project on how the Trust has improved attainment through bespoke programmes of interventions.

She said: "This has given me the tools to be successful in my role, taught me how to bring people on board, to have tough conversations, to deal with change and helped me to coach and mentor – it covered everything you could imagine to do with building leadership capacity.

"The timing has been perfect with my fairly new role as director across the Trust's group of schools. It was the best possible CPD."

BMAT is responsible for schools in Harlow, Epping and Stansted in Essex and Newham in London.



Cristin Casey, director of performing arts for the Burnt Mill Academy Trust

Students make a good impression as they prepare for the world of work

YEAR 10 students were put through their paces at Passmores' annual World of Work day, when they each attended a careers event which included a mock interview.

Held off-site at the Park Inn Hotel, the interviews were conducted by 26 local employers who gave up their time to support the school.

For most of the students, this was the first time they had ever presented themselves for an interview.

But despite the inevitable nerves, the students dressed to impress and were well prepared for the challenge.

In addition to the mock interviews, the students also attended a range of group activities and workshops provided by top employers such as the Department of

Work and Pensions, Santander, Hotel Calamity and Make Happen.

Feedback was highly positive, with Ian Hudson of the Harlow Chamber of Commerce commenting that he had met with "an impressive group of students" and a representative from the Ministry of Justice writing: "great young people, polite, well mannered".

Passmores Careers Advisor, Julie Kay said: 'As well as preparing students academically, our aim is to equip students for life after school. The day was a complete success and has helped our young people understand what to expect next year when they start applying for post 16 opportunities.'



Students dressed to impress at Passmore's annual World of Work day

Twenty-six local employers willingly gave up their time to support the World of Work day

History brought to life for primary pupils with a visit from firemen

CHILDREN stood and watched as a fire broke out at their school.

But rather than dialling 999, pupils at Freshwaters Primary Academy in Harlow took the opportunity to indulge in their history lesson.

Year 2 pupils are learning about the Great Fire of London and saw the topic brought to life when a fire crew visited.

Teresa Avey, head of school, said: "Pupils made their own cardboard houses and during the Fire Service visit, the

models were set on fire to illustrate how quickly fire can spread.

"They got to try on fire uniforms, learn all about fire safety, as well as take part in a challenge to transfer water with buckets to show how fires were tackled in years gone by.

"The day brought the lesson to life in a controlled and safe environment. Children need to see how quickly fire spreads and to have an understanding of fire safety."

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Year 2 pupils are learning about the Great Fire of London

YOUR COMMUNITY NEWS

Manager wins 'star performer' accolade at The Globe

A RECRUITMENT manager based in Harlow has picked up a major award at a glittering ceremony held in London's Globe Theatre.

Patrick Casey from Berry Recruitment picked up a 'star performer' award at the event.

It was organised by Berry Recruitment Group (BRG) for its staff, of whom there are more than 200 across 36 branches nationwide.

Patrick was selected by the directors as someone whose success through 2017 was deserving of recognition and who has developed a fine recruitment team.

BRG's annual awards evening was held in the replica of the Elizabethan Playhouse on the banks of the Thames that is

associated with Shakespeare.

Patrick took to the stage to receive his award from director Spencer Berry.

MD of the group, Chris Chown, congratulated him and said: "Our Harlow branch had a very successful 2017."

"Patrick has shown consistent success through the year and has developed a very successful team."

"The group as a whole enjoyed another fine year and we have started 2018 very positively."

"Unemployment remains very low nationally and operating in a competitive sector requires talented recruitment consultants to achieve success, and that is what we have across the group and in Harlow."



Recruitment manager Patrick Casey

Harlow

■ **JAZZ GIG:** Music at Marigolds on Friday, March 16. Doors open at 7.30pm with Stevie Smith's Sin House.

At Harlow Cricket Club, Chippingfield, Old Harlow, CM17 0DJ. Tickets: £10 on the door. See www.musicatmarigolds.co.uk for more information or call 01279 421763.

Roydon

■ **MODEL SHOW:** Roydon Village Hall Model Show, Saturday April 7, 10am until 4pm. £2 adults, children under 10 free. For further information contact: Allan Storrar 07846 309269. Email allanstorror@hotmail.co.uk.

Exhibitors include: Radio Control Boats, Radio Control Trucks, Lego, Model Railway, Radio Control Tanks, Marquetry. Light refreshments will be available. The event is

sponsored by Lantern Recovery Specialists 0844 247 60 90. Organised by the West Essex Model Truck Enthusiasts and the Moorhen Model Boat Club. All proceeds go to Roydon Village Hall.

Sawbridgeworth

■ **MORRIS MEET:** Fiddlers' Brook Morris meet every Tuesday at 8pm at Allens Green Village Hall near Sawbridgeworth. Newcomers are welcome to go along and give it a try for fun, exercise and friendship and to help keep a tradition going. Musicians also welcome. Call 01279 723707 or email neilandgillmunro@aol.com or see our Facebook page.

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First Harlow SOUP event leaves guests with an appetite for more

THE first Harlow SOUP event took place at Phoenix Live – raising £327.21 for homeless charity Streets2Homes.

A community crowdfunding project, the event, on February 22, saw four Harlow-based projects – theatre charity Livewire, Public Planos, Streets2Homes and Parndon Wood Nature Reserve pitch their ideas.

After sampling the homemade soups on offer, attendees voted for their favourite pitch and the project with the most votes was announced as Streets2Homes who were then awarded with the £300 raised from the “pay what you can” entrance fee.

Over 80 people attended the first event, which also featured live music from local Harlow musicians, Sam and Ronan from local band Don't Worry and the Valaitis Brothers.

Harlow SOUP organiser Elliot Wollen said: “The first Harlow SOUP event really highlighted the appetite we have in Harlow to help others and come together as a community. The event was a great success, with an incredible turnout and a positive response. We just can't wait for the next one!”

Streets2Homes will be using the funds to refurbish

their toilets and will feed back to the community about their progress via the Harlow SOUP Facebook page and at the next event in May.

The next Harlow SOUP event will take place on Thursday May 24 with the venue to be confirmed.

If you have a great project idea for Harlow submit your idea at harlowsoup.co.uk and you could feature at the next Harlow SOUP.

Harlow SOUP aims to promote community-based development through crowdfunding, creativity, collaboration, democracy, trust and fun.

The purpose of Harlow SOUP is to help make community projects happen, share a meal and have a conversation. Harlow SOUP is made up of a group of volunteers who have a desire to make positive change for their local community.

The group is made up of a ‘neighbourhood board’ with a diverse mix of backgrounds and specialisms including mental health, community growing, project management, the arts, and marketing.

For more information visit the following links: www.harlowsoup.co.uk [www.Facebook.com/HarlowSoup](https://www.facebook.com/HarlowSoup/); [www.Twitter.com/HarlowSoup](https://www.twitter.com/HarlowSoup) or you can email: harlowsoup@gmail.com



The Harlow SOUP event took place at Phoenix Live in Harlow



Over 80 people attended the Harlow SOUP debut event



Serving up a treat were Ray Bines and Pauline Black (right) who made the soup and .Debbie Delgarno (left) made cakes and they all served food to the guests

YOUR CHARITY NEWS

Dogs lead the way at Winter



FROM beagles to bulldogs, and sausage dogs to schnauzers, more than 100 dogs joined St Clare Hospice's annual Winter Walkies event on Sunday February 25.

At the head of the pack was the winner of the Hospice's Cutest Canine competition, Milo the Cockapoo puppy, who led more than 250 walkers out the gates of the

Hastingwood-based Hospice for the sponsored 5km countryside stroll.

This year's Winter Walkies fundraising event is expected to have raised over £5,000 for St Clare once all sponsorship money has been received.

There were plenty of wagging tails as the pets and their owners set off at 11am, making their way down into Hastingwood and across the beautiful Essex countryside.

Amongst the participants was St Clare Patron, Dame Claire Bertschinger DBE DL, Deputy Lieutenant of Hertfordshire, who took part with her two Bichon Frise.

Commenting on the event Dame Claire said: "Winter Walkies is a great community event.

"I can't think of a nicer way to raise funds for St Clare than by taking part in a walk with dozens of other



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St Clare Hospice's annual Winter Walkies event which took place in February

Photo: All pictures taken by VIKKI LINCSE at Pawsome Pawtraits

Walkies hospice fundraiser

dog lovers and their pets across the beautiful countryside around the Hospice. My dogs loved being with so many other dogs of all shapes and sizes, and it was actually very moving to see hundreds of people gathered in support of St Clare."

The event organiser, St Clare Challenges and Events Fundraiser, Emma Broadbent said: "This was

the twelfth year that we have organised Winter Walkies and it continues to be our best loved event, with hundreds of four-legged friends and their humans taking part. It really was a sight to see so many happy wagging tails held aloft as the dogs set off out the Hospice gate."

Emma continued: "It was a privilege to organise such a fun event and to see so many

people from our local community joining forces to help raise money and awareness for their local hospice. We'd like to thank everyone who came along or supported the event, helping us raise much-needed funds so we can provide our skilled and compassionate care to every local family who needs us – and we look forward to setting the bar even higher for next year."



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HEALTH & LIFESTYLE



Cramps can be caused by a lack of magnesium

Could you be magnesium deficient?

MAGNESIUM - whether consumed via supplements or eating a diet rich in dark, leafy veg, whole wheat, nuts and beans - is the blanket mineral that keeps your entire body ticking over on a daily basis.

The average healthy adult requires around 270-400mg of magnesium per day, but three-quarters of Brits aren't getting enough. Here are five warning signs to look out for...

1. MUSCLE CRAMPS

CRAMPS are very common, especially if you're cold, but they can also be down to lack of magnesium. An important tool for muscle relaxation, when your body is depleted of magnesium, your muscles can involuntarily contract. Twitches, tremors and cramps are signs that you're not getting enough.

2. CHOCOLATE CRAVINGS

WHEN our bodies crave foods, it's often because they're telling us that we're lacking in a certain nutrient, and dark chocolate is a brilliant source of magnesium. One square has about 24% of your daily requirement. Skip sugar-laden milk chocolate and opt for a bar with at least 65% cocoa.

3. HEADACHES

STUDIES have shown that low brain magnesium levels could be related to migraine attacks, as magnesium is needed for proper nerve function. If you regularly suffer from migraine-like headaches, invest in a daily magnesium supplement - but speak to your doctor first if you're on any medication, and if your headaches are ongoing.

4. TROUBLE SLEEPING

MAGNESIUM can help to relax our muscles, while stimulating a neurotransmitter in our bodies called GABA, which has a naturally calming effect on the brain. If a bout of insomnia is coming on, try soaking in a magnesium-rich bath of Epsom salts and reap the benefits.

5. ANXIETY

A STUDY in France of 264 patients with generalised anxiety disorder found that a statistically significant number of men and women reported improvements in symptoms on a magnesium regimen.

10 THINGS EVERY MAN SHOULD KNOW ABOUT PROSTATE CANCER

As it's revealed that Stephen Fry and Bill Turnbull both have the disease, **CAROLINE JONES** finds out more

PROSTATE cancer is the third biggest UK cancer killer, with only those of the lung and bowel more deadly.

Actor Stephen Fry, 60, recently revealed on his website that he is battling the disease, and just last week viewers of Channel 4's Great British Bake Off Stand Up To Cancer special saw TV presenter Bill Turnbull, 62, open up about his own diagnosis.

The disease - which begins in a walnut-sized gland that sits under the bladder and helps make semen - affects one in eight men yet thousands die of embarrassment, not wanting to talk to a doctor about what can be an intimate issue.

Here's what you need to know...

1 IT'S OVERTAKEN BREAST CANCER AS A KILLER

PROSTATE cancer now claims 11,800 lives a year, making it a bigger killer than breast cancer for the first time, figures revealed last month.

2 PUTTING OFF SEEING THE DOCTOR CAN BE FATAL

EARLY diagnosis is critical but figures suggest men visit their doctor with worrying symptoms 75% less than women.

Former BBC Breakfast presenter Bill put his back pain and changes to his "pee pattern" down to old age, and waited four years to see his GP.

Tests revealed incurable prostate cancer which has spread to his bones, giving him 10 to 14 years to live. He now admits his "stupidity" could have cost him his life, saying: "Maybe if I'd got it earlier I'd be in a much better state."

Alan Doherty, a Birmingham-based prostate cancer specialist, said: "The main problem is, by the time the cancer causes any symptoms - as in Bill's case - it's usually because it has already spread."

3 SCREENING COULD BE THE ANSWER WITH no early warning



A blood test looking for PSA is the only way to screen for prostate cancer at present

symptoms, screening is the only way to ensure catching the disease early.

Stephen Fry revealed last month that he found he had it via an unscheduled blood test.

The actor and writer had been for a flu jab and is lucky his doctor took a proactive approach and gave him a thorough MoT. Stephen's cancer appears not to have spread and he is now urging "men of a certain age" to get their prostate checked.

4 THERE'S NO NATIONWIDE SCREENING PROGRAMME

ALL women over 50 are invited for mammograms every three years, a programme that has led to a fall in breast cancer deaths.

But the only technique at present for screening prostate cancer is a blood test looking for elevated levels of PSA (prostate-specific antigen), a protein produced by cancer cells.

While the test can catch some cancers early, as in Stephen's case, it is also notoriously unreliable, giving false positive and false negative results at times.

A study published recently found that a nationwide screening programme would not be effective.

Researchers at Bristol and Oxford universities found no difference in the death rate among men aged 50 to 69 who were screened with a PSA test versus those who were not.

Experts believe this is because the test picks up the more common slow-growing tumours that would do no harm if left untreated but misses many of the more aggressive cancers that require urgent intervention.

5 MEN OVER 50 HAVE THE RIGHT TO ASK FOR A TEST

ALAN says: "At the moment, most men only see their GP by the time the cancer is symptomatic and has spread, by which time it is difficult to

cure. Though imperfect, the PSA test is currently the only way to detect who might have the cancer at an earlier, treatable stage, so I'm an advocate for it."

GPs won't automatically offer it to men with no symptoms but you have every right to ask.

Current guidelines give those over 50, the highest-risk group, the right to the test, along with advice on the pros and cons of taking it. Men with a higher-than-average risk, including a strong family history, can ask for a test from the age of 45.

6 MORE ORGASMS COULD REDUCE YOUR RISK

AS WELL as regular exercise, quitting smoking and having a healthy diet, there's growing evidence men who ejaculate more often have a lower chance of developing prostate cancer.

Experts are not sure why but some believe it flushes out harmful chemicals that might otherwise build up.

7 YOU MAY NEED TO SEE YOUR GP ABOUT YOUR TOILET HABITS

CHANGES to the way you pee are more likely to be a sign of an enlarged prostate, a very common, non-cancerous problem.

But it's still vital to see your GP if you have any difficulty urinating, whether it's weaker flow, pain, leaking or going more often.

Symptoms that require an urgent GP visit include back, hip or pelvis pain, new problems getting or keeping an erection, blood in urine or semen and unexplained weight loss. These can occur when cancer has spread outside the prostate.

8 MOST MEN WILL GET PROSTATE CANCER IF THEY LIVE LONG ENOUGH, BUT IT WON'T KILL THEM

EXPERTS now believe all prostates will become cancerous eventually, so the longer you live, the higher your risk. Research shows about 80% of men who get to age 80 have some cancer cells in their prostate.

This is because the walnut-sized organ changes and grows bigger as you age, making it susceptible to cancerous changes.

However, this scary fact masks what is actually positive news...

A great many of these cancers grow so slowly that even without



TV star Stephen Fry, above, was diagnosed with prostate cancer

treatment they will never become life threatening, with most men living with the condition until they eventually die of some other, unrelated cause.

9 IF YOU GET PROSTATE CANCER TODAY, IT'S LESS LIKELY TO KILL YOU THAN 10 YEARS AGO

CANCER Research UK says the number of men getting and dying from it is increasing mostly because of population growth and because we are living longer.

The good news is, overall survival rates have increased by 6% in the past 10 years and tripled in the past 40.

10 TREATMENTS ARE IMPROVING

THE reason survival rates are increasing is down to breakthroughs in detection and treatment, albeit at a slower rate than those that are happening with breast cancer.

If you've had a positive PSA test or need to have the organ removed, be sure to ask if the following are available:

■ **MRI imaging scans:** They're now being used in some hospitals after a positive PSA test but before biopsy and have been shown to reduce the need for a biopsy by a quarter and double detection rates of aggressive cancers.

■ **New nerve-sparing techniques:** Surgeons can now use precision cutting to carefully avoid the two bundles of nerves that run alongside the gland and control erections. This reduces the risk of erectile dysfunction and incontinence, which can be why many men say no to surgery.

■ Visit prostatecanceruk.org for more information.



Bill Turnbull (on the right) and Great British Bake Off: Stand Up To Cancer presenter Noel Fielding

AS AN infrequent and, truthfully, somewhat nervous swimmer, the prospect of going for a dip hardly fills me with excitement at the best of times.

Combine swimming with the great outdoors, cold temperatures and the prospect of sharing the water with unidentified creatures and I'd be hard pressed to think of a less appealing way to spend my free time.

Despite my reservations, I'm seriously considering giving cold water swimming a go.

Outdoor swimming, whether in a lido, lake, river or the sea, is gaining popularity, and with good reason.

There is a growing body of evidence that the activity is really good for you.

Among the many health benefits are its apparent capacity to combat anxiety and depression. There are lots of factors that may be contributing here: spending time getting closer to nature, the natural mood-enhancing chemicals released by the brain in response to physical exertion and the sense of freedom and achievement were things that sprung to my mind.

However, some further reading on the subject revealed an array of other potential reasons for the mood-boosting effects of cold water swimming.

For example, a number of studies



MIND OVER MATTER
WITH DR ELLIE MILBY



Outdoor swimming is gaining popularity

Take the plunge and give cold water swimming a go

have shown that regular cold water swimming reduces levels of the stress hormone, cortisol.

The initial exposure to cold temperatures triggers the body's fight or flight response and cortisone is released into the blood stream. However, as cold water swimmers adapt, the intensity of the fight or flight response reduces.

One theory is that this effect then generalises to other situations, so when cold water swimmers encounter minor difficulties in everyday life, they experience less stress than others.

Once the initial shock of the cold has worn off, swimmers often report the experience to be very invigorating. The cold water causes blood vessels to constrict, directing

blood flow away from the extremities and towards the vital organs. It's thought this can have a detoxifying effect and may actually improve organ function.

Another line of inquiry is the potential impact of cold water swimming in reducing inflammation.

Researchers have found a link between depression and inflammation, a condition that is naturally reduced in cold temperatures.

All in all, I think it's time for me to shake off my doubts and take the plunge.

■ For more information, guidance and safety tips visit www.outdoorswimmingsociety.com

■ Dr Milby is a counselling psychologist

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£999*	£199	£17,643	£14,144	NIL	£6,508
FINANCE DEPOSIT ALLOWANCE	TOTAL AMOUNT PAYABLE	ANNUAL MILEAGE	DURATION OF AGREEMENT	FIXED RATE OF INTEREST	REPRESENTATIVE APR (AER)
£2,500*	£19,559	5,000*	48 MONTHS	2.16%	4.2%



GRANDLAND X
1.2T SE 5DR

Representative
Finance Example

CUSTOMER DEPOSIT	48 MONTHLY PAYMENTS OF	CASH PRICE	AMOUNT OF CREDIT	FEES	GUARANTEED MINIMUM FUTURE VALUE
£219*	£219	£19,049	£17,630	NIL	£9,595
FINANCE DEPOSIT ALLOWANCE	TOTAL AMOUNT PAYABLE	ANNUAL MILEAGE	DURATION OF AGREEMENT	FIXED RATE OF INTEREST	REPRESENTATIVE APR (AER)
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FILM REVIEWS

With Damon Smith

ALSO OUT THIS WEEK



Rose Byrne and furry friends in *Peter Rabbit*
Photo: CTMG, INC./SONY PICTURES

PETER RABBIT (PG) ★★★★★

THE subterranean thumping you can hear throughout Will Gluck's family-friendly adventure isn't Beatrix Potter's eponymous floppy-eared creation and his anthropomorphic clan as they bound excitedly around their warren.

It's the author spinning in her grave as iconic characters are merchandised for quick and easy laughs using the same digital trickery that transplanted the fun-loving Smurfs to the present day.

Peter Rabbit buries the sweet, simple charm of Potter's beautifully illustrated books, which were first published at the turn of the 20th century, and unearths a brash and brazen battle between country and city, laden with pop culture references.

Young audiences won't care about the disparity between Potter's elegant source material and the film's emotionally manipulative script.

To them, what matters is four-legged protagonists are undeniably cute and impeccably realised with state-of-the-art computer effects that seamlessly meld technical wizardry and live action.

Peter Rabbit (voiced by James Corden), sisters Flopsy (Margot Robbie), Mopsy (Elizabeth Debicki) and Cottontail (Daisy Ridley), and cousin Benjamin (Colin Moody) regularly steal produce from the garden of Old Mr McGregor (Sam Neill).

During one chase around the vegetable patch, the farmer suffers a fatal heart attack and is taken to hospital in an "ice cream van with the flashing lights".

BEWILDERED

The old timer's great-nephew, Thomas (Domhnall Gleeson), who fastidiously oversees the toy department at Harrods in London, inherits the farm just as he suffers a mental breakdown on the shop floor in front of bewildered parents.

"Get some perspective, get some dirt under your fingernails," advises the store's General Manager (Marianne Jean-Baptiste).

Thus, Thomas travels to the Lake District to oversee the quick sale of his inheritance.

He is distracted by pretty neighbour Bea (Rose Byrne) and considers a longer stay in the country until Peter and co including Mrs Tiggy-Winkle (Sia) and Jemima Puddle-Duck (Byrne) encroach on Thomas's rural idyll.

Peter Rabbit chomps merrily through universal themes of romance, regret and reconciliation, embellished with lively vocal performances and energetic set pieces including a final reel detour back to the capital.

If only the film had more heart and soul to complement the broad slapstick like Thomas being smacked repeatedly in the face by the wooden handles of garden rakes.

We also feel lightly bruised by the conclusion of Gluck's picture.

Very modern Mary

FILM
OF THE
WEEK



Joaquin Phoenix as Jesus Christ and Rooney Mara as Mary Magdalene

Photo: Universal Pictures/
Jonathan Olley

MARY MAGDALENE (12A)

★★★★★

A woman's most cherished asset – her reputation – is at the mercy of jealous, controlling men in director Garth Davis's revisionist religious drama, which attempts to wash away the stains of ill repute from Jesus' devoted disciple.

Co-written by Helen Edmundson and Philippa Goslett, Mary Magdalene quietly trades in solemnity, echoing the current battle for parity waged by the Me Too and Time's Up movements through the eyes of a misunderstood heroine at odds with the suffocating conventions of her time.

"I'm not sure that what happens to a woman is of much account here," laments Mary (Rooney Mara), who is portrayed as a much-abused feminist trailblazer rather than the repentant prostitute depicted in western art and literature.

In 2017, Davis shepherded inspirational drama *Lion* to six Oscar nominations and he reunites with cinematographer Greig Fraser to capture the central character's journey in luminous tones, accompanied

by a swollen, lush orchestral score composed by Hildur Guðnadóttir and the late Jóhann Jóhannsson.

As a handsomely crafted sermon about spiritual awakening and sacrifice, Mary Magdalene preaches to the art house masses with aplomb. Awomen.

Unfortunately, the film observes the title character from such a safe, reverential distance, it's hard to connect with her on an emotional level beyond her soporific words.

The film opens on the coast of Judaea in 33 CE, where Mary of Magdala (Mara) tends the land with her brothers Daniel (Denis Menochet) and Joseph (Ryan Corr) and sister Rachel (Ariane Labed).

The patriarchy strongly encourages Mary to submit to the preconceived role of her gender and marry a local man, whose children need a mother.

After much internal wrangling and feverish prayer, Mary defies this edict and brings shame on her kin.

"There is something unnatural inside her!" rages Daniel, who roughly marches his sister down to the Sea of Galilee, where she is subjected to an exorcism ritual.

Soon after, Mary meets prophet Jesus Christ (Joaquin Phoenix) and he inspires her to join the ranks of the apostles, including Peter (Chiwetel Ejiofor) and Judas (Tahar Rahim).

As the only woman invited to travel with the prophet, Mary is a divisive figure among Jesus' followers.

Regardless, she is repeatedly taken into Jesus' confidence and shares poignant words with his mother, Mary of Nazareth (Irit Sheleg).

"You must prepare yourself, like me, to lose him," tenderly counsels the matriarch as the apostles approach Jerusalem.

Mary Magdalene frames the central character's odyssey within biblical scenes that will be familiar to audiences of all faiths including the raising of Lazarus and the crucifixion.

Mara and Phoenix deliver their lines with softly spoken earnestness, while Rahim teases out sympathy for his conflicted apostle, who will eventually betray Jesus.

The tug of war between tradition and equality plays out far too gently to draw blood.

TOMB RAIDER REVISITED

Swedish Oscar winner Alicia Vikander shoehorns herself into the iconic shorts and vest of acrobatic video game heroine Lara Croft in this reboot of the Tomb Raider franchise directed by Roar Uthaug.

As a feisty teenager, Lara (Emily Carey) worships her archaeologist father Lord Richard Croft (Dominic West), who travels around the world, solving puzzles to unearth great treasures belonging to ancient civilisations.

He vanishes without trace during one perilous expedition and Lara

loses direction in her life, haunted by the loss of her idol.

Haunted by the past, Lara (Vikander, inset) resolves to unravel the mystery of her Lord

Croft's disappearance by travelling to his last known location: an island off the coast of Japan.

Heading out to sea on a boat captained by Lu Ren (Daniel Wu), Lara faces a series of physical and mental challenges that will expose a shadowy organisation called Trinity.

Tomb Raider (12A) is on general release from Friday.



MUSIC

Gloriously independent



Maurice Hyde of Chelmsford Rocks pointed out on Facebook that the last time TV Smith played Chelmsford was in 1977

PUNK LEGEND TV SMITH TELLS DARRYL WEBBER WHAT WE CAN EXPECT FROM HIS GIG IN CHELMSFORD THIS SATURDAY

Punk legend TV Smith plays the Bassment, Chelmsford, this Saturday as part of another fantastic Wet Dream Records night.

He first rose to prominence with The Adverts during the first wave of punk, getting a top 20 hit with Gary Gilmore's Eyes in 1977 and supported the likes of The Damned, Generation X and Slaughter & The Dogs for their first three gigs. The Adverts split in 1979 but Tim 'TV' Smith has forged his own path since, both as a solo artist and with other bands.

You were one of the trailblazers of the punk movement back in 1976 with The Adverts. What made you want to get involved?

I'd formed a band in 1975 and it was impossible to get it off the ground. I was living in Devon at the time and down there the only bands that were able to find gigs and an audience were the ones who were playing cover versions, preferably of standard "rock" songs. That was the last thing I wanted to do – I didn't even like the originals. When I read about the Sex Pistols' first gigs it struck a chord with me – I thought, here's a band doing something different, with no compromise, and actually getting noticed. There wasn't a punk scene as such at the time, but it seemed like something was in the air and at the beginning of 1976 I

decided to move to London and try my chances and form a band there.

What was the best and worst thing about initial punk explosion in 1976-77?

The best thing was the amazing outpouring of creativity. It was like a dam that had been holding back all the potential in the music world burst open and suddenly anything was possible. No longer did you have to have a music degree or rich parents to be in a band – anyone with good ideas could have a go. The worst thing was the way it was misinterpreted by the mainstream media. They really did think it was all about the violence and the swearing and the spitting. In a way it was useful because it bought the scene a lot of attention, which meant it grew very rapidly. The unfortunate thing was that a lot of the latecomers to punk really believed that interpretation of it and so the scene gradually began to mutate into the media version. The creativity ebbed out and the sensationalism crept in.

The Adverts' single Gary Gilmore's Eyes and debut album Crossing The Red Sea are considered to be punk classics. Why do you think they struck a chord then and why have endured so well over the years?

I think Gilmore ticked all the right boxes for the time it was released – it had a catchy chorus and an interesting subject matter, it was just a little bit shocking, and the band was unusual enough to catch the attention of radio and television producers so we were able to get on, for example, Top Of The Pops. That was a big thing at the time. And once you've had a "hit" record that never leaves you – even 40 years later you are still going to have it turn up on the radio and Top Of The Pops repeats occasionally. As for the album, I'm still proud of it and believe in every word of it. The "Gilmore" single was a bit of a curiosity, but I think the songs on the album are still as relevant today as they were when I originally wrote them.

What are your happiest memories of your time with The Adverts?

Personally I felt it was vindication for the time I'd spent struggling to get my songs heard. Going out on the road and seeing people react to them positively was a huge boost for my confidence.

Who or what inspired you to want to be in a band back then? And what inspires you now?

I suppose when I started writing my own songs I was inspired by all the songwriters who had excited me – from

The Beatles to Bowie. Now I still get a thrill out of every new song I write. I don't have a record company or publisher breathing down my neck trying to make me write to a schedule. The equation these days is simple – I write what I want to write when I feel like it. The inspiration is what's going on in the world around me and there's never been more to write about than there is now. In many ways songwriting is a process of trying to make sense of it all.

How would you describe your musical career and where it's taken you?

I seem to have ended up on a path that's nothing to do with the rest of the music business and made it work for me. I suppose I would say I am gloriously independent.

What can we expect from the gig? Old and new material and a bit of punk rock attitude?

Absolutely. I never have a set list prepared in advance but I generally try and steer a way through the very first songs I wrote for The Adverts to the very latest songs which I'll be releasing on a new album later this year. And as much in between as I have time for.

■ TV Smiths plays the WDR night at the Bassment on Saturday, March 17. Support comes from Yur Mum, Graves, Memory Boy.

BEST GIGS

GIG OF THE WEEK



■ **Thomas Truax, Railway Hotel, Southend, Friday, March 16**

Musician, multi-instrumentalist and inventor Truax brings his off-kilter Americana back to the Railway where he went down a storm last time. Expect strange instruments and beguiling tunes from a charming performer.

■ **An Evening With Suzi Quatro, Chelmsford Museum, Monday, March 19, from 7pm**

Not a gig as such but a chance to hear Suzi talk about her music career, from her breakthrough in the 1970s with hits like Devil Gate Drive and Can The Can right up to the present day. Suzi will be relating stories from her books and the evening will end with a signing session.



DOWN THE PUB



Guitar-based rock covers with keyboards, Beggar(above) play songs by the likes of Kings of Leon, Killers and the Eagles, and you can catch them twice this weekend, at the excellent Bull, Colchester, on Friday and at the Shark, Harlow, on Saturday.

Gigs for March 16-18:

■ **Star & Garter, Moulsham Street, Chelmsford:** Friday – Strikeout; Saturday – Kopy Katz (rockabilly)

■ **The Bull, Colchester:** Friday – Beggar; Saturday – The Hit List

■ **Cricketers, Southend:** Saturday – The Most (mod covers)

■ **Horse & Groom, Braintree:** Friday – The Curfew

■ **Waggon at Wix:** Saturday – Mr Spankey and the Hipthrusters

■ **The Shark, Harlow:** Saturday – Beggar

■ **Golden Fleece, Chelmsford:** Friday – Charlies Aunt; Saturday – Adrenalin

■ **Railway Hotel, Clifftown Road, Southend:** Saturday (4.30pm) – Tanya Piche; Sunday (4.30pm) – Mark Cecil

■ **Boars Head, Braintree:** Friday – Scam 69 (punk); Saturday – Yellowhouse

■ **Benfleet Tavern, Benfleet:** Saturday – Half Stoned

■ **Cow & Telescope, Southend:** Friday – Electrum; Saturday – Jason Watson & the Mighty Cosmics

■ **The Purple Emperor, Harlow:** Saturday – Beat the Beast

■ Send your pub gigs to philpagemusic@yahoo.com

FOOD & DRINK

Recipes for disaster



RICE & SIMPLE

INGREDIENTS

(Serves 4)
2-3tbsp olive oil
2 onions, sliced
3 medium tomatoes, cut into 8
3-6 garlic cloves, finely chopped
300g basmati rice
Pinch of saffron threads
1 heaped tsp smoked paprika
150ml dry sherry or white wine
400ml hot fish stock (from a cube is fine)
400g pack of frozen seafood mix
100g frozen peas
Lemon wedges, to serve
Handful of chopped parsley leaves, to serve

METHOD

1. Heat the oil in a large frying pan over a medium heat. Add the onions and garlic and cook for two to three minutes, stirring, until softened. Add the tomatoes and stir.
2. Add the rice, saffron and paprika (if using), and stir for a minute.

3. Pour in the sherry or wine. Increase the heat to bring up to the bubble for one minute, stirring to burn off the alcohol, then reduce the heat to medium.
4. Add the stock and seafood mix, cover, and simmer very gently for 15 minutes over a low heat, or until the rice and fish are cooked.
5. When the rice is tender and the liquid is absorbed, you're ready to go, with a good squeeze from the lemon wedges, and a flourish of chopped parsley.
Tip: Add chunks of fried chorizo, if you eat meat.

Nadia Sawalha and Kaye Adams tell **ELLA WALKER** that even the worst chefs among us can learn to cook

ON the front cover of Nadia Sawalha and Kaye Adams' new cookbook, *Disaster Chef*, the Loose Women presenters are mid food-fight. "That was a bad idea," says Kaye, 55, shaking her head ("That was so fun!" Nadia, 53, shouts over her). "I really cannot recommend cold noodles in your cleavage."

Best friends for more than two decades, the women have taken the worlds of YouTube and food by storm. Their lack of artifice, whether on telly or on their online channel, is crucial, and without the latter, there'd be no cookbook.

The pair are bona fide "middle-aged social-media sensations" – despite their kids' initial protestations (they have two daughters apiece).

They started cooking together because "Kaye really was, there's no doubt about it, disaster chef", explains Nadia, who won *Celebrity MasterChef* in 2007 and has a slew of her own cookbooks already. Kaye pulls her phone out and scrolls to a picture of a brown flip-flop-shaped mess that is apparently 'pitta can funghi' ("We should definitely film people's reactions to it," says Nadia, with another cackle).

They started posting Kaye's not-so-appetising dishes on Facebook and realised a lot of



Nadia Sawalha and Kaye Adams

people could relate – cooking on camera became a no-brainer, and the book brings everything together.

Disaster Chef is about the 'building blocks' of cooking. "I'm not cheffy at all, I'm only a home cook. I've never done caramel baskets or anything, but Kaye made me realise that not everyone knows what it means when you say, 'Fry the onions until they're transparent,'" says ex-EastEnders actress, Nadia.

Disaster Chef is full of "real food, to get you through life," says Glasgow-based Kaye, and is peppered with basic tips and tricks from Nadia – from getting your steak out of the fridge half an hour before cooking it so it

won't be tough, to tipping your drained potatoes back into the hot pan to dry out before mashing them. Stuff she'd assumed people knew, before Stirlingshire-born Kaye pointed out that we don't all have the "building blocks to jump in there".

But Kaye is learning. "She made this," says Nadia, pointing at the book's berry pavlova recipe. "We didn't have any home ecs, or stylists. We cooked the food in the house and my

husband took the photos.

"I'm well proud of her – but anyone can make that. If you do every single one of these things, you will create that; simple as that," she says, stabbing the instructions on the page for emphasis.

"Without those specific instructions," says Kaye, "I'd think, 'Well this is a disaster, I can't make a pavlova, I'm a rubbish cook, and walk to Waitrose, whereas it's a lovely moment when you follow something and it works. You think, 'Wow'."

Feeding your family can still be a hassle – whether you love cooking or not though.

For Kaye, despite her improvements, cooking will always be something of a chore. "Even if I get better at it, it's not going to be the thing that makes me relax and calm down," she says. "At the end of the day, the kids need to be fed, it's another thing that 'needs to be done'."

But for Nadia, the kitchen is

her happy place. "My husband will say, 'You've had a really hard day, don't be silly, we'll get a takeaway'," she says. "No! I've had a really stressful day, so I want to cook!"

"But just because I can cook doesn't mean I want to be using 20 different ingredients and spending two hours in

the kitchen every night – I don't, I want to bang it on the table and I want everyone to shut up and eat it."

■ **NADIA And Kaye Disaster Chef** by Nadia Sawalha and Kaye Adams, photography by Mark Adlerley, is published by DK, priced £20.



THE other day I thought ah yes, now the birds are beginning to sing and daffodils are peeping, my theme will be white wines for spring.

Today I pulled the curtains and saw nothing but snow. I've crossed my fingers (which is tricky when you're holding wine) to hope that by the time you read this selection of wines the world looks more like March than December.

■ **REINO de San Adrian Rioja 2016, Tempranillo Blanco (£5.79, Aldi, 13% abv)** This is a seasonal listing so beware that once it's gone, it's gone.

This white rioja is made from tempranillo but not the black grape at the heart of Spain's classic red rioja, but its lesser-known cousin tempranillo blanco.

RAISE A GLASS

WITH JANE CLARE



White rioja can be creamy and complex but this is a simple affair, tasty, fruity and refreshing. I enjoyed a supper-time culture clash and sipped it with chicken curry and the wine's pear and citrus notes were a perfect foil.

■ **CO-OP Irresistible Gavi Broglia (£7.99, 13.5% abv)** IF you see DOCG on a label, you know it's an Italian wine to impress. Wines of

the highest quality are given this legal stamp of approval and we have one here in the Co-op's consistently good Irresistible range.

This dry white's flavour notes tease with almonds, apples, pear and a dryness of honey. Be gentle matching those flavours; a pea risotto would be perfect.

■ **CÔTES de Saint-Mont, Les Vignes Retrouvées 2015 (£8.50, thewinesociety.com, 13.5% abv)** THIS is a blend of three local grape varieties – gros manseng, courbu and arrufiac – from Gascony, the south-west of France. The grapes are grown on three terroirs which add nuances and character to the wine.

The gros manseng sat on its

lees for up to eight months to add complexity. The result? A wine with delightful aromas – grapefruit, lime, honey – and a gorgeous lift of acidity balanced by a spike of citrus.

■ **SHED Ten Verdelho 2016 (£9.99, Virgin Wines, 12% abv)** AUSTRALIAN winemakers have taken the verdelho grape – normally to be found in unctuous Madeira wines – and given it a new lease of life in this very delicious, zippy, racy wine which is so much more than a vibrant burst of fruit.

There's complexity, aromas of stone fruit, a flirt with herbs and a creamy silky softness. I loved it.



■ **CHÂTEAU Lestrière-Capmartin, Bordeaux Blanc (£13.95, winetrust100.co.uk, 13.5% abv)** BORDEAUX blanc is one of my favourite springtime whites and this one is fab. Sauvignon gris leads from the front in this blend (rather than its famous cousin sauvignon blanc).

The wine was fermented in new oak and then aged on its lees for six months to add complexity and flavours. On the nose there is grilled pineapple, white peach, mango and crystallised lemon. A sip brings a creamy depth with a lush of lemon and tropical fruit.

■ **JANE is a member of the Circle of Wine Writers. Find her on social media as One Foot in the Grapes.**

EASY PEASY

PEA AND
BACON SOUP

INGREDIENTS (Serves 4)
30g unsalted butter
4 spring onions, chopped
500g frozen petits pois
500ml vegetable stock, plus extra if needed
1tbsp lemon juice, or to taste
Pinch of sugar, or to taste
Salt and freshly ground white pepper
6 rashers of smoked streaky bacon (optional)

METHOD
1. Melt the butter in a large saucepan over a low heat. Add the spring onions and cook until softened but not coloured.

2. Tip in the petits pois and stock and bring to the boil, then reduce the heat and simmer for about five minutes, or until the peas are tender.
3. Using a blender or a hand-held blender, whizz until smooth (only half-fill the blender and be careful, as hot soup scalds). Add more stock if you'd like a thinner soup.

4. Stir in the lemon juice, sugar, salt and pepper, then taste and adjust all these seasonings to taste.
5. Grill the bacon (if using) until nice and crisp. You can do this ahead of time and keep it on a piece of kitchen paper, so it stays crisp.
6. Ladle the soup into four warmed bowls and crumble over the crispy bacon.



INGREDIENTS (Serves 6-8)

For the meringue:

2tsp raspberry vinegar or white wine vinegar, plus extra for cleaning bowl
Lemon juice, for cleaning bowl (optional)
4 large egg whites, at room temperature
225g caster sugar
2 level tsp cornflour

For the cream:

350ml double cream, chilled
1tsp vanilla extract (optional)
2tbsp icing sugar, sifted (optional), plus extra for dusting

For the topping:

Blueberries, raspberries and strawberries

METHOD

1. On a large piece of baking parchment, draw around a 23cm dinner plate with a pencil. Turn the parchment over so it's pencil-side down and place on a baking tray. Preheat the oven to 150°C (300°F/Gas 2).
2. Clean a large glass or metal bowl with a little bit of vinegar or lemon juice.
3. Separate the eggs, ensuring the whites are completely free of yolk. Pour the egg whites into the super-clean bowl.
4. Using an electric whisk, beat



GOOD EGGS

MARSHMALLOW

FLUFFY

PAVLOVA

the egg whites on a slow speed, then gradually increase the speed to medium until they reach the soft peak stage.

5. Increase the speed of the whisk to its highest, then, whisking continuously, add the sugar, a spoonful at a time, until the meringue is shiny and the sugar thoroughly mixed in. If you were to hold the whisk upside-down now, the meringue would stand up in proud (stiff) peaks.

6. In a cup, whisk together the vinegar and cornflour until smooth. Whisk this mixture into the meringue.

7. Spread the meringue to fill the baking parchment circle, building up the sides so that they stand higher than the middle.

Place in the oven and bake for one hour. Once baked, turn off the oven and leave the door ajar. Leave the pavlova inside the oven until it has cooled completely. This stops cracking.

8. Combine the chilled cream with the vanilla extract and icing sugar (if using) in a large bowl. Beat on a low setting using an electric whisk, then gradually increase the speed to medium and whisk just until the cream increases in volume and begins to stiffen, but still has soft peaks. Dollop the cream into the centre of the cooled pavlova.

9. Scatter the blueberries, raspberries and strawberries over the cream and dust with icing sugar. Ta-Dah!

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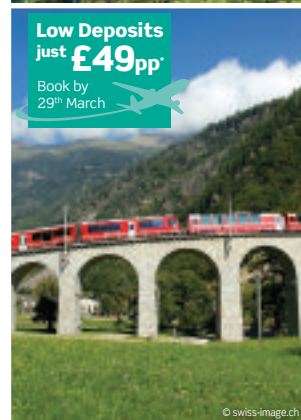
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HOTSEAT

From hosting his own topical weekly chat show to embarking on his next mammoth UK tour, it's set to be another busy year for Georgie comedian Chris Ramsey. But it was by no means an easy path to the top, he tells **GEMMA DUNN**

I've done nights when no-one laughed. I wanted to cry

The Chris Ramsey Show is back but the format has changed - it's now a weekly topical chat show. YEAH, we're not tackling massive news stories, but we're talking about things that interest me, like viral stories and daft news stories.

I also do a bit of stand-up, but you can't write a guaranteed laugh. It's impossible. So I was slightly worried about that, just because I hadn't done stand-up on the last series.

So the content is highly topical. Where do you do your research? TWITTER, Instagram, Reddit - it's just the stuff that everyone is talking about. Obviously Trump, we're not bothered.

Sometimes I find all those stories so depressing I can't even try and be funny. It's like 'Give teachers guns.' Well you know what? I'm not going to make a joke about that because it's terrifying.

Do you think viewers are in need of a good laugh in the current climate?

PEOPLE like a bit of escapism because, let's be honest, we've got Brexit looming and we've got [Trump] in the White House who basically does all the jokes for you.

I'd hate to be a satirist because he's done and dusted. He does his own punchlines.

You've also got celebrity guests, studio challenges and film junkets in the mix. What else can you tell us?

A CELEBRITY and comedian are going to do head-to-head challenges each week, like little pub games.

And yeah, I'm going to be doing some junkets. I'm terrified. This is really strange, but the thing I'm worried about the most is, I don't want anyone I idolise to turn out to be... [Chris uses an offensive word]. I'll be really upset, I'll take it personally.

You're also set to embark on your next UK tour, Just Happy To Get Out Of The House. Is stand-up still where your heart is?

BEING on stage live, with a live crowd, is the best. Weirdly, when you're doing telly you want to be on tour and when you're on tour you want to be doing telly - but after recording the show, I just want to be on telly.

The shine might come off, but I enjoyed it so much I just want to do that.

It must be nice to have the opportunity to do both?

IT'S ridiculous. I'm in a situation I never thought I would be in when I started doing stand-up at pubs.

It's weird, you don't want to constantly be going, 'Isn't this brilliant?' because you want to look like you deserve to be there.

I've done gigs in pubs where no-one knew comedy was on. I did a gig in a pub where the only flyer for the night was in the urinal.

I've done nights when no one listened and no one laughed.

How do you come back from that?

IT makes you stronger. I went to the Brits the other week and no one took my photo. It was madness. In my head I was going, 'This is comedy, though.'

I mean, at the time I wanted to cry, but it grounds you.

It's good to get something like that to go,

'No this isn't your world, mate. You're a comedian.'

Do budding comedians have it easier today, what with social media?

I'VE got no frame of reference. All I will say is I'm a little bit annoyed that I missed the YouTube train, because I would have loved to have gotten to where I am now without having to leave my bedroom.

I was schlepping up and down

motorways, but it's a totally different world.

You've had a great 10 years on home soil. Would you ever consider trying your luck across the pond?

WITH this accent? You're having a laugh, aren't you?

If Cheryl (Tweedy) can't do it, I can't do it. It's a different kind of humour. I am more of a storyteller and there's not as much of that in America.

But I'm a home bird. I don't want to start again anywhere, I've worked really hard to get up the ladder in England.

Do you have any plans post-tour?

NOTHING planned. I think planning all the way up to Christmas is enough.

Hopefully another series of this, but we'll see what

happens. And then always another tour. I'll be touring as long as I'm upright.

■ The Chris Ramsey Show, 10pm, Wednesday, Comedy Central.



As well as a new stand-up tour, Chris Ramsey is back with his weekly chat show, this time featuring guests, including this week, Phil Wang and Scarlett Moffatt

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STYLE GUIDE



Meryl Streep with her Golden Globe

BLACKOUT AT THE GOLDEN GLOBES AND THE BAFTAS

AS THE first major Hollywood award ceremony in the calendar, the Golden Globes were where stars began their fashion activism, with Meryl Streep, Emma Stone and Reese Witherspoon choosing black gowns for the occasion.

The same applied at last month's BAFTAs with British stars including Lily James and Gemma Arterton carrying on the protest.

How do you wear all-black for evening without looking, well, a bit boring? Take your cue from the A-list by choosing a dress with an interesting silhouette (one-shoulder styles were a big hit at the Globes), or metallic detailing on the bodice.

■ LEFT: Vera Mont Abendkleid Shale grey dress, £350, Betty Barclay.
■ RIGHT: Little Mistress Outrageous Fortune black stud dress, £32.



Lily James (left) and Gemma Arterton at the Baftas 2018

GONG GIRLS

Take inspiration from these winning red carpet looks. **KATIE WRIGHT** reveals how

THE recent Oscars marked the culmination of awards season – and what a season it's been, not least in terms of fashion.

What stars wore on the red carpet was under more scrutiny than ever this year but, for once, it wasn't all about who should or shouldn't make it onto the coveted Best Dressed lists.

With the advent of the Time's Up movement, actors banded together at some ceremonies and wore black to show solidarity with victims of

abuse and harassment in the entertainment industry.

They looked incredibly chic in doing so, of course, and there were plenty of colourful outfits to ogle elsewhere.

All in all, the 'Big Five' awards dos gave us heaps of occasionwear inspiration – so here's a look back at the major trends from each night, and how to adapt them for your next big bash, even if you won't be walking an actual red carpet any time soon...

FOLLOWING SUIT AT THE GRAMMYS

THE sartorial choices at music awards dos are always a bit more out-there than their movie counterparts, so if you don't want to don a frock for your next black tie party, make like Janelle Monae who opted for a tailored look at the Grammys.

Singer/actress Janelle stood out from the crowd in her embroidered blazer and trousers combo from Dolce & Gabbana with its pretty flowers trailing down the sleeves and legs.

■ IF you don't want to go the whole hog with a dinner shirt and bow tie, a simple silk camisole in black or white would work well under this Sosandar black embroidered kimono, £59, and black wide leg trousers, £49, sosandar.com



Janelle Monae at the Grammy Awards

WHITE HOT AT THE OSCARS

THE most stunning gowns at the Oscars came in either brilliant white (Laura Dern and Margot Robbie chose chic column dresses) or molten metallic fabrics (Jennifer Lawrence's figure-hugging number was best in show).

Asymmetric detailing adds interest to white cocktail dresses and lets you experiment with bright accessories and make-up, while a sequin-covered gown needs no adornment.

■ RIGHT: Juliet maxi dress was £85, now £63.75, Dorothy Perkins.

■ LEFT: Debut sequined dress, £99, Debenhams (in store in May).



J-Law at the Oscars



Laura Dern

HITTING THE SWEET SPOT AT THE BRITS

A PASTEL palette dominated at the Brits, where singers such as Dua Lipa, Rita Ora and Camila Cabello lived up to the pop princess epithet in voluminous ice-blue and candy-floss pink dresses.

These sugary shades work beautifully for summer parties – a ruffled or ruffled maxi dress makes a more practical real-world alternative to a massive meringue dress.

■ RIGHT: Keepsake tiered frill maxi dress, £150, House of Fraser (available mid March).

■ LEFT: Lipsy Bella multiway maxi dress in dusky rose, £78, Next.



Rita Ora at the Brits

BEAUTY BUZZ

THE LATEST PRODUCTS & GLAMOUR GOSSIP

PIXI MAGIC FOR YOUR FACE

HOW many trends do you want in one product? If you're looking for glowy nudes, flushed cheeks and smoked-out chocolate eyes, Pixi + Chloe Morello Palette, £28, is basically your whole spring face sorted. Find it at pixibeauty.co.uk



CLEVER CONCEALERS

THEIR £12.50 foundation has won rave reviews from women who reckon it's the best-ever match for their skin tone, and now Exl Cosmetics has launched concealers too. Delete Fluide, £12.50, comes in 13 shades and covers all under-eye issues. See exlcosmetics.com



FIELDS OF DREAMS

WE do love a limited edition collection from Jo



Malone and the latest has got us longing for warmer days. The English Fields range is a harvest of five fragrances: Poppy & Barley, Primrose & Rye, Oat & Cornflower, Honey & Crocus and Green Wheat & Meadowsweet, all in new pastel colours, £47, jomalone.co.uk

GET THE LOOK

SIENNA Miller worked a fashionably casual look at the recent Louis Vuitton show at Paris Fashion Week in a frilled jumper and cropped jeans. If you haven't tried the cropped jean look yet, give it a go in these MOTO indigo Dree kick flares, £40, Topshop.



CRUSH OF THE WEEK

Our spring resolution is to be more bold and what could be bolder than this fabulous green jungle print blazer? Team with jeans and heels, £49.99, Zara, zara.com



BEAUTY COUNTER

WINNING LOOKS

KATIE WRIGHT picks the best beauty looks from awards season and gets the experts' advice on how to recreate them

AWARDS season is done and dusted for another year, but the glam doesn't have to stop now the red carpets have been rolled up and the gowns returned to the ateliers.

You can emulate A-list glitz by trying your hand at the hair and make-up looks of the stars – and for significantly less than the price of a designer dress.

Here, we hand out the gongs for the best beauty looks of the season, and ask the experts for their advice on how to get the Hollywood look at home...

BEST BLUSH: Emma Stone
“THIS was a power blush moment. I was inspired by the unabashedly high glamour and powerful feeling of the late Seventies and early Eighties – a time when women wore strong, modern looks,” explains Rachel Goodwin, Nars celebrity make-up artist who did Emma Stone's Oscars look, starting with a base of Nars Natural Radiant Longwear Foundation.

“I mirrored the pink colour blocking in Emma's suit and applied the Nars Wanted Cheek Palette high on the cheeks blending up toward the eye,” Rachel explains.

■ Nars Natural Radiant Longwear Foundation £35; NARSissist Wanted Cheek Palette £45 (available April 1)

BEST LIPSTICK: Lupita Nyong'o
FOR the Baftas, make-up artist Nick Barose was inspired by Lupita Nyong'o's latest movie role.

“She's wearing all black, I wanted the make-up to feel regal and fierce. The ‘panther eyes’ is a nod to her movie *Black Panther*,” the make-up artist says. “Dramatic graphic liner that looks

BEST CURLS: Jennifer Lawrence
TO complement her stunning Dior disco ball dress at the Oscars, Jennifer Lawrence opted for Seventies-inspired curls. Award-winning hair-dresser Lee Stafford has this hair how-to.

“For Jennifer Lawrence's voluminous curls, opt for a

wand with a medium-sized barrel like my Rainbow Shine Wand. Section your hair into two and work from the back of your head towards the front. For this look you want to curl even sections of hair, roughly one-inch, away from the face. Once you've finished curling, take a pea-sized amount of hair

wax and rub between your hands and comb the wax through the hair. This will give you matte texture a la J-Law.”

■ Lee Stafford Rainbow Shine Wand, £29.99

cat-like adds so much toughness and attitude, and when paired with perfect elegant red lips, it gives the classic, feminine red lips a fun and tougher attitude.”

Nick recommends Lancome's Caprice shade to emulate this bold look: “Apply two coats for intensity.”

■ Lancome L'Absolu Rouge in Caprice £25.50

BEST UP-DO: Zendaya
AMERICAN actress Zendaya is a real red carpet chameleon, always switching up her hair; but for the Oscars she went with a super-sleek, scraped back chignon.

Hair stylist and Viviscal Ambassador Neil Moodie says: “A lot about putting hair up is having grip on the hair itself. Don't have it too clean as it will be smooth and slippery. I recommend a little bit of root backcombing as this gives support as you're putting it up.”

“For a neat, tight up-do, I always recommend spraying hairspray onto the brush so as you're brushing the hair it distributes evenly and gives hair grip. Pins and grips are essential. Bend the end of the pin over and create a little hook so if it starts to slip out the hook will grip to the hair. I also suggest using a

matte texture spray at the roots.”

■ Windle and Moodie Sculpture Hairspray £20

BEST COMPLEXION: Helena Bonham Carter
MORAG Ross, make-up artist and SUQUU spokesperson, was responsible for Helena Bonham Carter's incredible skin at the Baftas.

Ross achieved the peaches and cream glow by first giving the actress a skin-plumping facial massage, then used a trio of SUQUU products, tapping a shimmering highlighter on her cheekbones and finishing with a delicate sweep of blusher over the top.

■ SUQUU Extra Rich Cream Foundation £65; Face Designing Highlighter 02 Refill £11; Hanachaori Pure Colour Blush £32, Selfridges

BEST MANICURE: Margot Robbie
LEADING actress nominee Margot Robbie was also presenting an award at the Oscars, so she drafted in the A-list's favourite manicurist Tom Bachik, to get her nails ready for the spotlight.

Tom gave the Aussie actress a champagne shimmer, starting with OPI Lisbon Wants Moor and topping it with a chrome effect powder. The polish is available to buy, but if you want to get the exact same metallic top coat, you'll need to book in for an OPI manicure in salon.

■ OPI Lisbon Wants Moor Nail Polish £10.36 (Chrome Effects in Blue Plate Special available with OPI manicures only)

BEST EYE MAKE-UP: Lady Gaga
FOR her dramatic Grammys look, Lady Gaga turned to Marc Jacobs Beauty and the brand's Global Artistry Ambassador, Sarah Tanno.

“Gaga's eyes were inspired by a dark, starry night, romantic and striking to complement her gorgeous gown,” Sarah says.

She applied a gel crayon eyeliner heavily on the upper and lower lash line, then created a strong winged shape with liquid liner, blending the two together with a shimmery black eyeshadow and finishing with lots of mascara.

■ Marc Jacobs Highliner Gel Eye Crayon in Blacquer £20; Magic Marc'er Waterproof Liquid Eyeliner £23, John Lewis

TRIED & TESTED

We pitted three volumising mascaras against each other to find out which gives the most luscious lashes

■ **Ardell Double Up volumising mascara** £11.99, SallyBeauty.co.uk

Verdict: I'm instantly impressed with the brush on this mascara – the short, taut bristles really help separate my lashes, and with just two quick coats, my barely-there lashes actually look quite long and curled. But the real test is its staying power: I have oily skin so mascara tends to ‘run’ onto my eyelids. However, a few mirror-checks during the day reveal this doesn't seem to be a problem – my mascara still looks freshly-applied, even after a day at the office.

★★★★★

■ **Buxom Big Tease plumping mascara in blackest black** £18, Debenhams (from March 29)

Verdict: This not only left my lashes plumped and perfected, but it took me from day to night – even through a snow storm – in just two coats. The tapered brush makes for easy application, even on those pesky harder-to-reach spots, and for someone with abnormally long lower lashes, it lifted but left no transfer. Importantly, the non-weighty formula is creamy, as opposed to wet, and much to my delight, it's properly, properly black. It's only downfall; it can get a little clumpy.

★★★★★

■ **By Terry Lash-Expert Twist Brush double effect mascara** £25, SpaceNK

Verdict: For me, make-up is usually a rushed make-do job. But I've met my match in this miracle mascara. A twist cap gives two application methods: one straight for lengthening lashes, and one spiralled for building volume. In a couple of swift flicks, lashes are fully coated – with the option to build colour without creating clump. The wand easily grabs those niggly corner lash bits and the staying power is remarkable.

CELEB SECRET

DID you know the UK's sixth bestselling fragrance is Britney Spears' *Fantasy*? The singer, right, is launching her 22nd scent, *Sunset Fantasy*, in time for the 20th anniversary of her debut hit, *Baby One More Time*. Yes, that made us feel old too... Find it at The Fragrance Shop, £20 (100ml).



HEALTH & LIFESTYLE

Transcending the stress of our busy modern lives

LIZ CONNOR SPEAKS TO GURU BOB ROTH ABOUT THE MENTAL HEALTH BENEFITS OF SILENT MANTRA MEDITATION



Transcendental meditation is increasingly used as a technique to combat stress

WE'RE all pretty familiar with the concept of meditation, but have you heard of 'transcendental meditation'?

Well, it's having a moment as the current stress-busting buzzword of choice (and with four-out-of-five of us feeling stressed during a typical week, and some 12.5 million working days lost to work-related stress last year, it might be worth trying it).

Billed as a simple and effortless technique – that can diffuse negative thoughts and promote a state of relaxed awareness – it's become a go-to solution for more than six million people worldwide, with everyone from business leaders and scientists, to students and politicians giving it a go.

Bob Roth, one of Hollywood's most sought-after meditation experts, has just written a book on it, called *Strength In Stillness: The Power Of Transcendental Meditation* (£12.99, Simon and Schuster).

He trained with the Maharishi Mahesh Yogi, counts Katy Perry, Russell Brand and



Meditation teacher to the stars Bob Roth has written a book on the subject



Ellen DeGeneres as fans, and even taught Jerry Seinfeld to meditate ("Jerry told me that if he'd been meditating twice a day when he was writing Seinfeld, it would still be on the air", he claims).

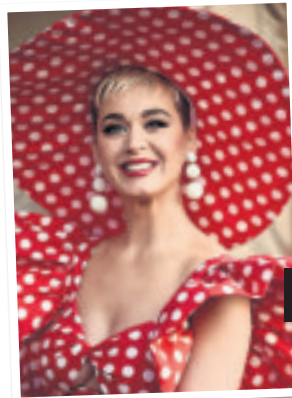
Bob wrote the book – a no-nonsense guide to the technique and how it works – to illustrate that you don't need to be a 'spiritual person' to tap into the stress-relieving benefits of meditation.

"Stress is a very real deadly epidemic. You can't just blow it off by saying, 'I'm just going to muscle through', because it's killing us. We mask it with coffee and alcohol, and we self-medicate, but there's no pill that will magically get rid of it," he says.

According to Bob, the health benefits of daily transcendental meditation are bountiful. Research funded by the National Institutes of Health suggests the technique could be the most effective mind-body practice for reducing stress and its related disorders, including hypertension, high cholesterol, stroke and atherosclerosis.

"It's been shown by research to reduce high blood pressure, risk of heart disease, depression, anxiety and sleep disorders – basically any disorder that caused or exacerbated by stress," says Bob. "And on the positive side? You can experience more creativity, more energy and more focus."

This growing field of scientific research, Bob says, is the reason why 'TM' (as it's known) is now being offered in some schools, military bases and companies – the US defence department has



Katy Perry, left, and Ellen DeGeneres are both fans

reportedly just invested \$2.4m into a study on the effects of TM on PTSD in soldiers.

If you've tried the popular Headspace app and mindfulness meditation before but didn't get on especially well with it, don't write off TM too soon. It differs completely from other forms of meditation, as it does not involve concentrating, or trying to empty the mind, or be really 'in the present'.

Bob says it's best to seek out a course with a certified teacher, who will guide you through personalised instruction and present you with a mantra to concentrate on (a meaning-free one, or two-syllable word that comes from the Vedic traditions of India).

The TM technique involves repeating this mantra over and over, until all meaning melts away and the mind stills into a state of inner silence. Once you've mastered this, anyone can adopt the practice at home, ideally meditating for 20 minutes in the morning and 20

minutes at night.

Aside from his celebrity following, Bob is passionate about teaching at-risk groups, like survivors of domestic abuse, inmates and

inner-city students, the life-long skill. "That's one of the beautiful things about meditation," he says, "because anyone, whether they're a celebrity or a kid living in New York, can pick it up like that."

Bob is chief executive of the David Lynch Foundation (davidlynchfoundation.org), a charity set up by the celebrated film director, who has been practising TM for more than 40 years.

The non-profit organisation works with children and adults in the US, particularly those who are disadvantaged and at greater risk, to manage stress-related disorders that can fuel violence, crime and ill health, and compromise the effectiveness of education, healthcare and rehabilitation.

Now the foundation is launching a pilot in the UK with two schools in London, to illustrate the benefits of meditation on young minds.

Researchers will measure the students for changes to attention span, stress levels and academic performance.

Bob's hope is that he can successfully roll out the practice to more schools across the country.

"If adults are swimming in an ocean of stress, our children are drowning in it," says Bob. "The child's brain is sculpting the adult brain, so if they're anxious and not sleeping well, it can become a bigger problem later in life. It's just like we teach physical education; I think within two to three years, this is going to be part of school education."

Bob doesn't exactly look like a typical meditation guru. When we meet, he's dressed in a suit, with a smart, business-like haircut – he wouldn't look out of place on a commuter train. It turns out, people are often a little surprised when they meet him.

"I got a call that Tom Hanks wanted to learn to meditate," says Bob. "I met him at his house and he was visibly shocked at my appearance. When I asked why, he said, 'I thought you were going to be wearing yoga pants and have a man bun'."

"I'm a very sceptical person," he says, adding: "I'm not into 'woo woo' stuff, but the great thing about transcendental meditation is that you can be thoroughly sceptical and the technique will still be fully effective, kind of like how you can be sceptical about gravity – but we are still sitting here."

So how does a 67-year-old sceptic feel after practising meditation, every day, for 45 years?

"Resilient is a good word," says Bob. "I feel good; I have more energy now at 67, I sleep better, I'm more focused now than I would have been 30 years ago."

"The benefits keep growing. I don't sleep that many hours at night – it's not because of insomnia, but all these years of meditating, my body is just more resilient. I am just more me and I enjoy life more. I wake up excited for the next day."

FAMILY HEALTH

A decision you really shouldn't wrestle with...

WWE STAR TURNED ACTOR DWAYNE 'THE ROCK' JOHNSON IS ENCOURAGING US TO BRUSH UP ON OUR BABY FIRST AID. LIZ CONNOR FINDS OUT WHAT WE ALL NEED TO KNOW

AS WELL as being a Hollywood actor, producer, fully fledged Instagram star (oh, and there are rumours of him running for US President in 2020), Dwayne 'The Rock' Johnson has found time in his busy schedule to brush up on his baby CPR skills.

The 45-year-old Baywatch star, who is expecting his second daughter with girlfriend Lauren Hashian this spring, took to Instagram recently to post an important message about parent safety to his 100 million followers.

"You hope there's never an emergency where you never have to deploy the skill," Johnson wrote.

"Since we have another baby girl on the way - I wanted to make sure myself, my family, and our staff took another choking prevention and CPR course on infants, children and adults."

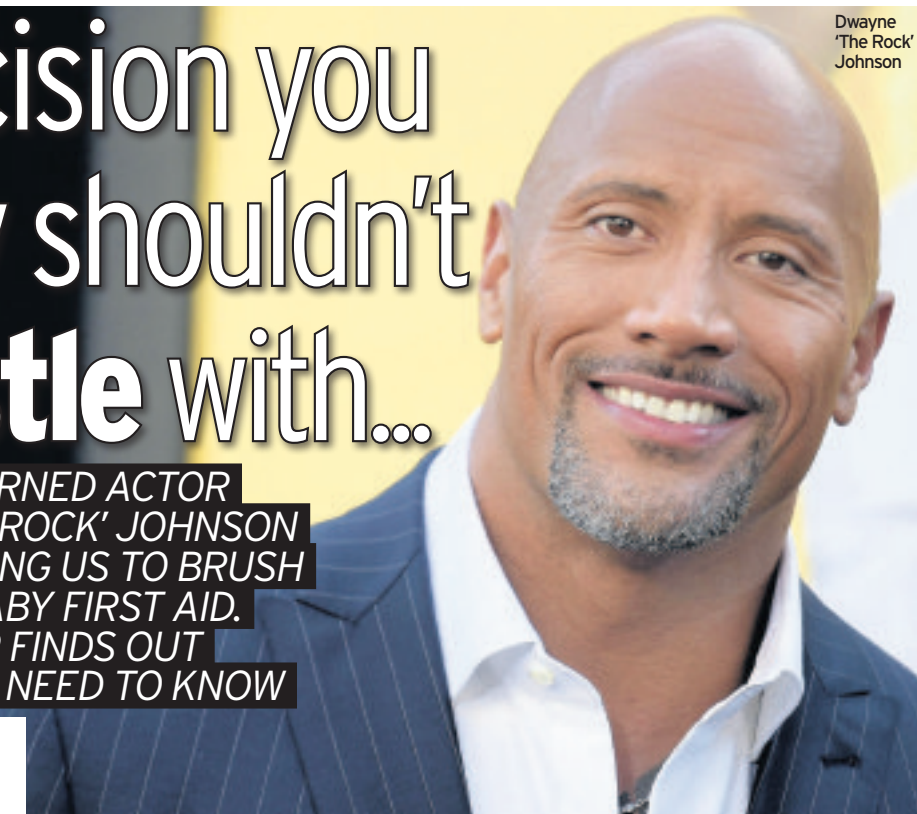
He "highly" recommended learning CPR to his fans because you "never know what may happen and it's always best to be ready".

WHAT EXACTLY IS BABY FIRST AID AND HOW DO YOU DO IT?

CPR stands for cardiopulmonary resuscitation. It's a life-saving medical procedure which is given to someone who is in cardiac arrest. In the event of an emergency, it helps to pump blood around the baby's body when their heart can't.

To carry out CPR, a person presses up and down on the casualty's chest (chest compressions) and gives them a series of rescue breaths to help save their life.

Many new parents worry about their baby not breathing from incidents such as drowning at bath time or stopping breathing in the



Form an airtight seal around baby's mouth and nose when giving rescue breaths



Use two fingers when giving a baby chest compressions

night. The Red Cross has four-hour baby first aid courses available regularly in around 50 UK venues, but if you can't attend a local session, there are plenty of important pointers you can pick up at home.

St. John Ambulance has advice on administering CPR to your baby, recommending that all parents learn the first aid skill in the event of an emergency where your baby is unresponsive and not breathing.

"If your baby is not responding to you, try to see if they react when you gently tap or flick the sole of their foot," says a St. John Ambulance spokesperson.

"If they are unresponsive and not breathing normally, open their airway and check their breathing again by looking for chest movement, listening for the sounds of normal breathing and seeing if you can feel their breath on your cheek."

If you can't feel your baby's breath, you need to call 999 and start CPR straight away.

"If you're on your own, experts

advise you give one minute's worth of CPR before you call for help.

HOW TO GIVE RESCUE BREATHS TO A BABY

IF THERE is anything in their mouth, pick it out and ensure the airway is clear and open. Take a breath in and place your lips around the baby's mouth and nose to form an airtight seal.

If you cannot make a seal around the mouth and nose, close the baby's mouth and make a seal around the nose only.

Blow steadily into the mouth until the chest rises. Remove your mouth and allow the chest to fall. Repeat four times more.

Now give 30 chest compressions.

HOW TO GIVE CHEST COMPRESSION TO A BABY

PLACE two fingertips on the centre of the baby's chest. Press down vertically on the breastbone, and press the chest down by at least one-third of its depth. Release the pressure without moving your fingers from their chest.

Allow the chest to come back up

fully - this is one compression.

Repeat this 30 times, at a rate of about twice a second - the speed of the Bee Gees song, Stayin' Alive. Now give two rescue breaths.

Carry on giving 30 chest compressions followed by two rescue breaths for as long as you can, or until help arrives.

GETTING INTO THE RECOVERY POSITION

IF THE baby starts breathing normally again, stop CPR and put them in the recovery position.

To do this, cradle them in your arms, with their head tilted downwards. This will keep their airway open and stop them choking on their tongue or breathing in any vomit.

It's important to continue holding the baby in the recovery position until help arrives.

Experts say doing CPR right away can double or even triple a baby's chance of surviving cardiac arrest, so it's well worth taking The Rock's advice and memorising these key steps so you know how to act in a life-threatening emergency.



BOYS DEVELOP EATING DISORDERS TOO... HOW TO SPOT THE SIGNS

OMY 15-YEAR-OLD son tries to avoid eating with us, and a lot of food keeps disappearing from the fridge and cupboards, though he denies he's taking it. He's very irritable and I'm worried he has an eating disorder, although he's a normal weight. I thought it was girls who got eating disorders, not boys?

ANDREW RADFORD, CEO of the eating disorders charity Beat (beateatingdisorders.org.uk), says: "Eating disorders can affect anyone, regardless of gender or age."

"Stereotypically, eating disorders are seen as a 'female disease' and we work hard to discourage this misunderstanding."

"Researchers suggest that at least 1.25 million people in total are affected by eating disorders in the UK, and up to 25% of them might be male."

"Beat's helpline receives calls from across the UK from males experiencing an eating disorder, but also many calls from people calling about others they're worried about, particularly from mums worried about their sons."

"If people call our helpline on 0800 801 0677 (or 0800 801 0711 for the youthline), they'll speak to a trained support worker experienced in listening and talking to people in similar situations."



Eating disorders can affect anyone

"Eating disorders are complex - there's no single reason why someone develops one. Becoming obsessive about food as well as changes in moods can be the signs that a person is developing an eating disorder."

"Someone with an eating disorder may also experience other mental or physical health issues at the same time as their eating disorder."

"Sometimes these can play a role in the eating disorder developing, or they may develop alongside or because of it."

"Despite evidence showing the sooner someone gets treatment, the more likely they are to make a full and fast recovery, it takes an average of three years before someone developing eating disorder symptoms seeks treatment for their mental health illness."

"The best first step if you're worried about anyone you think might have an eating disorder is to encourage them to speak to their doctor as soon as they can, and to assure them they are not alone with their illness."

PUZZLE TIME

Pathfinder

Beginning with the top highlighted letter, follow a continuous path of words associated with the given subject. The trail goes through each letter once, twisting up, down and sideways, but never diagonally.

Cameron Diaz films

T	L	I	Y	B	A	D	I	R	C	M	Y	S	R	E
H	O	D	A	N	A	T	C	E	U	S	S	I	G	E
E	H	V	Y	D	T	E	A	L	B	E	T	H	E	N
I	N	A	A	D	H	H	C	S	I	R	S	T	O	H
L	S	K	Y	I	G	E	R	I	V	N	K	R	R	N
L	A	A	G	N	O	T	H	E	I	E	E	T	E	
T	K	N	G	K	E	E	S	E	S	L	E	P	I	N
H	R	O	S	O	V	H	T	H	S	E	G	N	A	H
E	O	F	N	K	I	C	E	A	H	A	I	E	S	E
S	Y	W	E	L	A	H	H	D	C	R	L	H	S	R
W	E	H	I	N	M	N	H	A	R	E	T	O	S	H
T	E	T	T	G	A	S	O	B	O	W	A	E	S	R
E	S	T	H	E	M	K	J	G	V	E	I	H	T	E
A	D	S	N	I	G	A	I	N	I	B	R	D	E	K
Y	N	U	E	V	Y	N	E	B	T	M	A	G	H	T

Split Decision

Cross out one of the two letters in each divided square to reveal a completed crossword grid.

W	T	B	H	A	Z	A	E
A	R	A	B	S	B		
A	I	S	P	R	H	Z	I
N	P	O	N	D	A		
T	S	O	S	W	E		

Sudoku

There is one simple rule in Sudoku. Each row and each column must contain the numbers 1 to 9, and so must each 3 x 3 box.

Easy

	9			4	5		3	
		7	1					
3	2	4		9		1	8	7
		6		2		5	1	
			6	9				
9	4		7			8		
2				3			7	5
	7			1	6		2	
6		8	5	7		1		

Hard

	1	4				3	5	
		3				2		
	2		4		7		8	
		5		6		4		
			5		3			
		9		2		6		
	5		2		9		4	
		2				1		
	6	8				5	2	

Two Speed Crossword

This two-speed crossword has two sets of clues, but just one grid. If you can't solve the Cryptic clue, try the Quick.

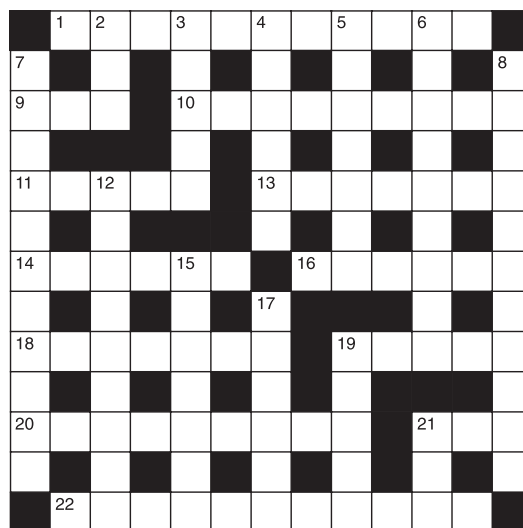
Cryptic

Across

- They give the exact time to cease guard duties (4-7)
- Peculiar dances when the bachelors are missing! (3)
- In American money I have the urge to accomplish things (9)
- Attack on radio equipment (5)
- Was in a fearful frame of mind? (7)
- The girl sounds like a star (6)
- Place an order for goods in the depression (6)
- Showing concentration in decimals before putting the point! (7)
- One of the ways known to church-goers (5)
- Playful, but likely to be catty later on! (9)
- 21 & 2Dn. Two pig stealers, likely to get beaten! (3-3)
- It enables many types to make an impression in the papers (8,3)

Down

- See 21 Across
- Indicate a single addition to the score (5)
- Agree to surrender the account first (6)
- A restaurant full of cutlery! (7)
- Bad performers? (4-5)
- Witchcraft (11)
- Capital sources of water? (4-7)
- He may well have good looks (9)
- Travelling light, maybe! (7)
- A contrivance of French wickedness (6)
- Thomas is below a Greek mountain (5)
- Invert the fruit barrel (3)



Scribble pad

Quick

Across

- Timing devices (11)
- Spirit (3)
- Stimulus (9)
- Start (5)
- Feared (7)
- Girl's name (6)
- Move in from margin (6)
- Extreme (7)
- Gangway (5)
- Lively (9)
- 21 & 2Dn Drum (3-3)
- Newspaper constituent (8,3)

Down

- See 21 Across
- Dot (5)
- Assent (6)
- Staff restaurant (7)
- Sinners (9)
- Sweeping brushes (11)
- River sources (11)
- Onlooker (9)
- Light (7)
- Machine (6)
- Fictional musketeer (5)
- Beer cask (3)

Codeword

This puzzle has no clues. Instead, every number printed in the grid represents a letter, with the same number always representing the same letter. For example, if 8 turns out to be a V, you can write in V wherever a square contains 8. Using your knowledge of words, complete the puzzle.

24	8	11	18	20	13	17	13	10	10	13	16
2		6			23		18		25		6
6		5	23	11	9	23	11	13		19	24
5	8	16				5			21	23	5
9		8		7	17	25	15			8	22
	6	4	8	18		26		24	8	11	6
				25		13		6			
14	11	6	23	16		11	7	6	7	2	
11		3			25	7	10	13		18	24
25	4	6	4			6			6	25	10
15		10		21	6	10	4	25	7	9	25
2		13		23				25		13	E
9	11	6	5	7	14	25	1		24	11	R

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

1	2	3	4	5	6	7	8	9	10	11	12	13
										R		E
14	15	16	17	18	19	20	21	22	23	24	25	26

Wordsquare

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in 's' are permitted. There is one 9-letter word to be found.

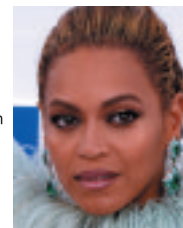
How you rate:

15 words - average; 20 words - good; 25 words - very good; 30 or more - excellent.

O	V	C
I	M	T
A	E	B

Quiz

- Which new single from US rapper Eminem also features Beyoncé?
- Which giant planet between Saturn and Neptune orbits the sun every 84 earth years?
- Which specialised agency of the United Nations is known by the initials IMF?
- What is the name of the force of volunteer soldiers that supplements the regular army in the UK?
- What name is given



Q1 - Beyoncé

- to the seven brightest stars of Ursa Major?
- Which city in South Yorkshire is famous for its steel?
- What is Michael Caine's real name?
- What name was given to the coalition of Germany, Italy and Japan in World War II?
- Which British racing motorcyclist won the 500 cc world championship in 1976?
- Which Wiltshire town developed around the workshops of the Great Western Railway?

LAST WEEK'S SOLUTIONS

Pathfinder

Cheese grater, Rolling pin, Bread knife, Potato masher, Corkscrew, Bottle opener, Fish slice, Pestle and mortar, Measuring jug, Egg timer, Pizza cutter, Chopping board, Scissors, Lemon squeezer, Frying pan, Wooden spoon, Salt shaker, Pastry brush, Garlic press, Tin opener, Pepper mill.

Quiz

- Digging for Britain; 2. Harlequin; 3. Virginia; 4. 1975; 5. Sri Lanka; 6. Laika; 7. Sherwood Forest; 8. Sextant; 9. Front crawl; 10. Belgium.

Two-Speed Crossword

Across: 1 Deer; 3 Aptitude; 9 Letters; 10 Teach; 11 Grandparents; 13 Tenant; 15 Fondle; 17 Tautological; 20 Drain; 21 Counter; 22 Startled; 23 Shed. Down: 1 Delegate; 2 Extra; 4 Postal; 5 In the long run; 6 Unacted; 7 Echo; 8 Herd instinct; 12 Well-bred; 14 Niagara; 16 Cloche; 18 Catch; 19 Odds.

Wordsquare

EVAPORATE

Sudoku

2	4	6	8	9	7	1	3	5
8	9	1	4	5	3	6	2	7
3	7	5	6	2	1	9	8	4
6	2	4	1	7	5	3	9	8
7	8	9	2	3	6	4	5	1
5	1	3	9	8	4	7	6	2
9	3	7	5	1	2	8	4	6
4	5	8	7	6	9	2	1	3
1	6	2	3	4	8	5	7	9

Codeword

1	2	3	4	5	6	7	8	9	10	11	12	13
W	E	H	A	C	P	J	L	S	U	M	K	Z
14	15	16	17	18	19	20	21	22	23	24	25	26
G	Y	X	O	B	I	T	F	R	V	Q	D	N

Split Decision

C	O	M	B	O
O		O		T
C	R	U	S	T
O		N		E
A	F	T	E	R

THURSDAY, MARCH 15, 2018

ESSEX LIVE NEWS/PROPERTY

PROPERTY & LIVING



FLOWER POWER

Bring the spring
inside with the
best of this
season's florals

PAGE 48

CHANGING ROOMS



This three bedroom
property includes a
garage conversion which
would could be used as
an office or play room
but is currently a gym
PAGES 2&3

HOT HOUSE



HARLOW HOME WITH LOTS OF POSSIBILITIES



A converted garage provides lots of potential for the new owners of this end-of-terrace house. At the moment the 16ft x 8ft space is being used as a gym but if lifting weights is not your bag then there are lots of other things it could be used for.

A home office for those who want to escape the daily commute or a playroom for people with a family are just a couple of the other ways it could be utilised.

The three-bedroom property is in the ever-popular area of Katherines on the outskirts of Harlow. The presentation is modern throughout and would suit a family's needs.

The property consists of an entrance hall, dining room, modern fitted kitchen, two double bedrooms and one single room, a modern bathroom and a boarded loft.

It also has double glazing throughout, modern gas central heating and a south-facing low-maintenance back garden which is not overlooked.

There is off-street parking for two vehicles at the front of the property. The area is private and within walking distance to local amenities, primary and junior schools.

The property is being marketed by Guardian Residential Lettings & Sales, in The High, Harlow, for £310,000.

For more details or to request a viewing call 01279 635685 or visit <http://www.guardianresidential.com/>



SHOPHOME

PICK OF THE BUNCH

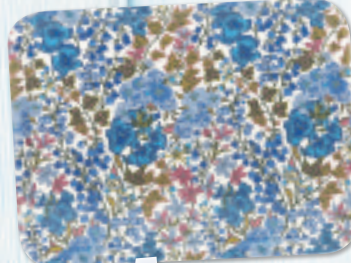
While we wait for our gardens to bloom outside, **EMMA JOHNSON** shows you how to bring flower power inside your home



Emma Bridgewater
Purple Pansy ½pt
mug £19.95,
daisypark.co.uk



Clarissa floral eyelet curtains from £20,
pressed flower light shade £25, Dunelm Mill



Edna tray
£35, Liberty
London,
liberty
london.com

Floral
print
boxes
£11
- £15.99,
Zara
Home



Floral garden doormat, £18,
Oliver Bonas, oliverbonas.co.uk



Albertine creamer
and sugar set £28,
Laura Ashley



Tulip duvet set £26.95-£56.95, House of Bath, houseofbath.co.uk



Saltwick bunch
cushion £18,
Cath Kidston,
cathkidston.com



Denby Monsoon Fleur
16-piece tableware set
£174, Debenhams



...WOODLAND
WONDERS



HARE CUSHION
Fine art makes a
fine cushion
£19, M&Co

**STACKING
MUGS**

A whole
tower of
cuties
£11,
Dunelm



**SALT AND PEPPER
SHAKERS**

Annoying in the garden,
but these foxes are sweet
on the table
£16, Cath Kidston



**BIRD DRAWER
HANDLES**

Perfect for twitchers
£3 for five,
Sainsbury's

YOUR HOME

Unightly black stuff ruining your bathroom bliss? **WILL REARDON** scrubs up on expert tips for tackling the problem

Break the mould...

From the grimmest student flats to the most lavish of luxury apartments, when it comes to bathrooms, there's a plague that seems inescapable no matter how clean you keep your home... Mould!

But it doesn't have to be this way. Believe it or not, bathroom mould is actually preventable. Yep – no longer will you have to spend days desperately trying to scrape grubby black fungus off your walls, or try hard not to touch the sides when you take a shower – that pristine bathroom really could be yours.

Follow these six steps, and hopefully you'll be able to control the mould before it controls you...

1 BECOME A FAN OF FANS

The first thing you need to think about is ventilation. As Ash Chilver, sales director of bathroom specialists HiB (hib.co.uk), explains: "Effective ventilation in bathrooms is crucial in reducing the build-up of unsightly and potentially dangerous black mould and spores."

Ultimately, if you don't want mould, make sure your bathroom is well-ventilated, and often the best way to ensure this is with an extractor fan. Of course, opening the window when the bathroom's getting steamy is a good idea – but this isn't always a practical option for everybody, which is why extractor fans come in handy.

Mould grows best in humid conditions, so keeping the room well-aired is the first step towards keeping it under control.

2 LET THERE BE LIGHT

Like most nasty things, mould thrives in darkness, so make sure your bathroom gets plenty of light.

As bathrooms retailer Victorian Plumbing (victorianplumbing.co.uk)

notes, when it comes to reducing bathroom mould, a "simple yet effective method is increasing the amount of sunlight entering the room". And don't worry, you can always get opaque window film if letting your blinds down might reveal too much!

3 STOP DRYING YOUR CLOTHES IN THE BATHROOM

The moisture from your clothes contributes to the humid conditions that allows mould to grow.

In a well-ventilated bathroom, this may not be so much of an issue, but if you are having mould problems and you're drying laundry in the bathroom, it's extremely likely that

this will be exacerbating the issue.

If you really must dry your clothes in the bathroom, open a window to let the room breathe.

4 KEEP DUST AT BAY

Sure, there's more to life than housework, but dust is a food source for mould, so dusting is essential for preventing its growth, along with regularly cleaning your bathroom surfaces with suitable products.

Get into the habit of dusting regularly and it won't seem like a massive job – and will certainly be quicker and easier in the

long-run than having to tackle thick mould that's set in.

5 GET SOME GADGETS

There's a gadget for everything these days – and mould-prevention is no exception.

One interesting gizmo is the GROHE Sense Smart Water Sensor, top right (£51.99, grohe.co.uk), a nifty device that can sense the humidity in your home and alerts you when conditions are getting a little too mould-friendly, so you can tackle the issue before it becomes a bigger problem.

Another useful gadget is the Minky Damp Guard

(£7.99, minky.com), a moisture absorber which provides a budget-friendly way to ensure moisture doesn't build up in your home.

Simply place it in an appropriate place in the bathroom, let it work its magic, and empty the contents and replace the tablets when required.

6 PICK PAINTS WISELY

If parts of your bathroom walls are painted, it's a good idea to pick a paint that contains mould-fighting ingredients.

There are a number of options out there, including paints from Zinsser Perma-White Interior Paint (RRP £18.94 for 1L, zinsseruk.com), which contains a biocide that protects against fungal degrading, meaning less unsightly mildew and mould for you.



Damp clothes airing in there doesn't help



Minky Damp Guard



Landlords!

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for free* this month

*No kidding...

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 **HomeRenter.co.uk** | Happy Renting



YOUR GARDEN

With Diarmuid Gavin

With the arrival of March, herbaceous planting and dividing your perennials are on the agenda

Three years ago we took a Sunday afternoon family trip to a nursery in the hills. I spied a nicely mature Japanese maple, and squeezing it into a very impractical sports car, I got it back to the garden and planted it where it could be viewed from the living room.

I was warned at the time that it was too open a site, quite exposed to the wind and without any shade or shelter. I wouldn't listen as I chose design considerations over the wellbeing of the plant.

It's grown a bit but it hasn't been happy. The leaves are often scorched by the end of the summer and I've always looked on in regret at my decision.

In the days before The Beast From The East came prowling, the sun was shining and it was our first full day of gardening. Still being the dormant season I knew it would be the perfect time to move this tree to a better place.

It's not a job I would tackle if the tree was any larger – this maple is about 4ft high – or had been in the ground for more than three years as the root ball would simply be too big to handle without machinery. While it's OK to cut some roots, you need to gather a big enough rootball that incorporates the tips of the roots as this is where absorption of water and nutrients occur.

I also like to do this job as close to spring as possible so that as soon as the soil warms up the roots will start growing. Hopefully by the time the leaves start to unfurl, the tree will have settled in.

I prepared the new planting hole first – this time in a sheltered dappled shade area of the garden, adding in some fresh compost – before digging up the tree and rehoming it. You could also add in some mycorrhizal fungi or root builder to give roots a head start.

It's also a good time to get some herbaceous planting done. I decided to enhance the area around the maple tree with some suitable shade-loving plants.

Brunnera is great for dry shade and the cultivar Jack Frost with its silvery leaves is superb for brightening dark areas. In a month or so it will start to produce bright blue forget-me-not-like flowers. I also put in some

Japanese maples provide a stunning centrepiece to a border if they are planted in the right position



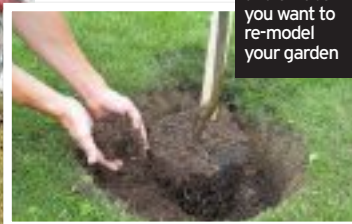
Springing into action



Divide plants such as phlox to create an expanse of colour



Now is the best time to move plants and shrubs if you want to re-model your garden



foxglove, acanthus and epimedium which are all plants that should be happy in this position.

What other jobs can you be tackling in March? If your soil is not frozen or waterlogged, you can lift and divide perennials.

This could be for the same reason that I lifted the maple – they're not doing well in that area or you just want to make some changes in your planting scheme.

The division of them will create new vigorous plants, especially with those such as aster and phlox that tend to grow in clumps producing new growth around the outside.

Gently tease apart the plant into new plantlets. You can discard the old centre and replant your new stock immediately in a well-prepared soil with some slow-release fertiliser.

Perennials with deep tap roots can't be divided so leave the likes of oriental poppies, lupins and eryngiums alone and some such as hellebores, dierama and aconitum prefer not to be disturbed at all.

Other perennials and grasses that you have left over winter can be cut back to ground level now and the rotting vegetation removed.

I skipped cutting back the penstemon – although it was very



Waste not, want not. create a compost area

Get pruning and planting

■ Prune early flowering clematis once the blooms have finished.

■ Dead-head winter pansies to keep them producing flowers.

■ Many veg can be sown in a frost-free glass house – peppers, tomatoes, cucumbers, aubergines, celery and artichokes.

■ Shrubs grown for their large foliage can be pruned back hard. Catalpa (Indian bean tree) and Paulownia (foxglove) left alone will grow into large trees, but you can

JOBS FOR THE WEEK

keep them manageable by hacking back every spring and enjoying their exotic-looking foliage.

■ Hardy annuals can be sown now indoors for transplanting outdoors later.

■ If you don't already have one, dedicate a small area of the garden to making your own compost – it's a great way of managing garden waste.

Start sowing vegetables in the greenhouse now





Brunnera Jack Frost with its silvery leaves is superb for brightening dark areas

Pruning shrub roses now will help strong growth as spring progresses

overgrown, the foliage may provide some protection to the crown in this very cold weather and it can be clipped back in a couple of weeks.

And finally, I got round to pruning some of the shrub roses. This can often be a job that people are somewhat unsure about but it need not be too complicated.

Basically you don't want your rose to grow weak and spindly with just a few flowers on top, so you cut back the stems to a half or a third of their height, making the snip just above a bud which will keep

the bush more compact and encourage new growth.

Remove any dead wood and aim to keep the centre of the shrub open.

It was great to spend a day outdoors before retreating back inside again – it may be that the recent snow curtails our enthusiasm for garden tasks but the wonderful thing about gardening is that nature will eventually sort itself out and if these jobs aren't appropriate to carry out just yet, they will be later on in the month.

ASK DIARMUID

Q Last year my hydrangea flowers faded to green. Can I prevent it from happening this year?
C Smith

A Hydrangea flowers, whether pink or blue, will naturally fade to green as they age, so there's nothing you can do to prevent this.

You may also find that some white flowers fade to pink. But don't worry as it's most likely that they will bloom in their correct colour this year before fading again at the end of the season.



PLANT OF THE WEEK

VERBENA SCENTATION

Here's a lovely new annual verbena which you can grow from seed this month or next, and produce some scented blooms for your pots and vases this summer.

The flowers are white, pale lavender and pink.

As it's half hardy, sow indoors now or next month and only plant out when fear of frost is past in late May.

■ Available from Mr Fothergills, £2.69 for 50 seeds. mr-fothergills.co.uk



Don't miss **Property & Living** out every Thursday.

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GUARDIAN residential lettings



Guardian are pleased to offer this good sized studio flat in Staple Tye. The property benefits from large living space, fitted kitchen and electric shower. EPC - E. Available mid March

£635 pcm

Five Acres



Available Now

Guardian are pleased to offer for rent this affordable one bedroom flat in the delightful area for Hatfield Broad Oak. This property is offered furnished. EPC - C. Available Now

£650 pcm

Hatfield Broad Oak,



Available Now

Guardian are delighted to offer this one bedroom ground floor flat located at a short walk from Harlow town centre and train station. Other benefits are gas heating and is close to local amenities. EPC - D. Available Now

£680 pcm

Amerry Court



New listing

We are pleased to offer this one bedroom flat in Netteswell Tower within close walking distance to Harlow town, Station and PAH hospital. Early viewing is advised. EPC - D. Available mid May

£710 pcm

Netteswell Tower



Located in the popular area of Markwell Wood this one bedroom unfurnished ground floor flat will be well worth a look. The property comprises of modern kitchen, lounge, bedroom, bathroom with shower. Private parking. EPC - D. Available mid March

£725 pcm

Markwell Wood



We are pleased to offer this one bedroom flat in popular area of Dads Wood. Walking distance to Harlow town and PAH hospital. Early viewing is advised. EPC - C. Available mid April

£730 pcm

Dads Wood



Sawbo

We are pleased to offer this one bedroom flat in popular area of Sawbridgeworth. Walking distance the high street and local shops. Early viewing is advised. EPC - E. Available late March

£775 pcm

Copper Court



New listing

Guardian are pleased to offer this affordable two bedroom flat Great Parndon. Part furnished with oven and fridge freezer only. EPC - C. Available mid April

£825 pcm

Holly Field



New listing

We are pleased to offer this two bedroom flat within walking distance to Harlow town, Station and PAH hospital. Part furnished with kitchen goods and benefiting from gas heating. EPC - C. Available mid March

£875 pcm

Morley Grove



Guardian are pleased to offer this affordable two bedroom house with with private garden in Longbanks. Part furnished with oven, fridge freezer and washing machine. EPC - D. Available late May

925 pcm

Longbanks



Modern Living

Guardian are delighted to offer this two bedroom top floor apartment in the popular development of Fifth Avenue, just a short walk to Harlow town centre and Harlow Town station. Modern living and private parking. EPC - B. Available early May

£1050 pcm

Gladwin Way



Guardian are pleased to offer this large four bedroom house in the Staple Tye area of Harlow. Great value for a large family home. Call to book your viewing. EPC - D. Available late April

£1075 pcm

Milwards



New listing

Guardian are pleased to offer this three bedroom property in Summers, Harlow. Benefiting from shower and corner bath we would recommend an early viewing. EPC - C. Available early May

£1100 pcm

Little Cattins



We are pleased to offer this three bedroom house in the fantastic location Church Langley. The property benefits from off street parking, garage and gas heating. EPC - D. Available late April

£1150 pcm

Tickenhall Drive



Guardian are pleased to offer this three bedroom family home on the outskirts of Harlow. With modern fitted kitchen, neutral decor and large sized rooms an early viewing is a must. EPC - C. Available late April

£1150 pcm

Tithelands



Guardian are delighted to offer this spacious two double bedroom first floor apartment situated in Old Harlow. This modern property is offered part furnished. Early viewing recommended to avoid disappointment. Awaiting EPC. Available early May

£1160 pcm

Brampton Place

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GUARDIAN

residential sales



Guardian are delighted to offer a three bedroom detached house in the sought after area of Church Langley. Benefits from garage, conservatory, driveway, large garden and front garden.

£385,000
Ridgeways, Church Langley



SSTC - QUALIFIED APPLICANTS WAITING - SIMILAR REQUIRED

£395,000
Bynghams, Harlow



Rare opportunity to buy a fantastic detached family home in the lovely area of Deer Park Harlow. The house has drive for two cars, utility room, lounge dining room, 4 bedrooms, bathroom and kitchen with well kept rear garden. Call now to view!

£410,000
78 Deer Park, Deer Park



Guardian are delighted to offer this rare opportunity to acquire this three bedroom detached family oriented property in the sought after, private area, of Albert Gardens, Church Langley.

£340,000
Albert Gardens, Church Langley



Guardian are delighted to offer this modern immaculately presented three bedroom property in the ever popular area of Katherine's on the outskirts of the town. The presentation is modern throughout and would suit a family needs. EPC: C

£310,000
Peacocks, Harlow



Guardian are delighted to offer for sale a well presented four bedroom Town House in Pittmans Field. Perfect for families or investors. Double glazed throughout, two reception rooms, four good sized bathroom and downstairs WC. Large kitchen with island. EPC: C

£285,000
Pittmans Field, Harlow



O.I.R.O - Guardian are delighted to offer a rarely available two bedroom mid terrace house in a quiet, cul-de-sac location in sought-after Archers. EPC: C

£270,000
Archers, Harlow



Guardian are pleased to offer this two bedroom Mid terrace property ideal for a starter home. The property benefits from double glazing, gas central heating, Drive way-en-bloc garage, a modern fitted kitchen and bathroom and offered with no onward chain.

£265,000
Sibneys green,



Guardian are delighted to offer for sale this end of terrace family home with easy access into North London! A three bedroom end of terrace. EPC: D

£269,999
Taylifers, Harlow



Guardian are delighted to present a three bedroom mid terrace house in Berecroft. Great first time buy or investment, current tenant paying £1,095.00 pcm. Double glazing, gas central heating. Downstairs WC and three good sized bedrooms. EPC: C

£250,000
Berecroft, Harlow



Guardian are delighted to offer a two bedroom end of terrace house in Vicarage Wood. Perfect for first time buyers and investors, current tenants in the property since March 2011. Double glazed throughout, gas central heating, large garden with brick built shed. EPC: E

£249,995
Vicarage Wood, Harlow



On the market with Guardian, well maintained two bedroom terraced house in the desirable location of Pittmans Field, Harlow. Two good sized bedrooms, a family bathroom and tucked away in a quiet cul-de-sac, this is a brilliant first time buy or investment. EPC: D

£245,000
Pittmans Field, Harlow



ATTENTION VENDORS

MOTIVATED & QUALIFIED BUYERS AWAITING IN THE NEW YEAR

£225,000
Bromley Close, Harlow



Guardian are delighted to offer this two double bedroom flat ideally located for access to the Town centre, Harlow mainline station and local amenities. This spacious two double bedroom apartment is situated on the first floor. EPC: E

£199,999
Morley Grove, Harlow



SOLD - MORE REQUIRED - QUALIFIED BUYERS WAITING

£179,999
Aynsley Gardens, Church Langley



Guardian Residential are delighted to offer this immaculately presented one bedroom first floor flat in the ever popular Markhall Moors area of Harlow. EPC: D

£165,000
Tanys Dell, Harlow

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SAWBRIDGEWORTH,
AWAITING EPC BAND, £1,150 PCM*



CHURCH LANGLEY,
EPC BAND C, OFFERS OVER £385,000



SAWBRIDGEWORTH,
EPC BAND D, £359,950



OLD HARLOW,
EPC BAND C, £1,000 PCM*



CHURCH LANGLEY,
EPC BAND C, £1,000 PCM*



SPELLBROOK,
AWAITING EPC BAND, £1,850 PCM*



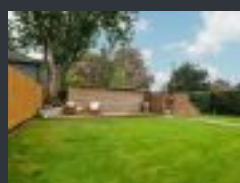
CHURCH LANGLEY,
EPC BAND D, £525,000



SHEERING,
EPC BAND C, £945 PCM*

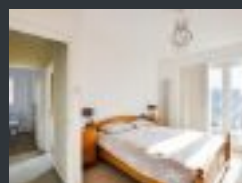
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* IMPORTANT NOTE: When you apply for a tenancy there will be an administration fee to pay - ask our branch staff or visit our website <http://www.intercounty.co.uk/tenant-fees> for further details of this fee and other fees which may become payable during the lifetime of your tenancy.



MATCHING TYE NR OLD HARLOW, Awaiting EPC Rating, £2,500 PCM*

SAWBRIDGEWORTH, EPC Exempt, Guide Price £650,000



SAWBRIDGEWORTH, EPC Band C, Guide Price £700,000

TYE GREEN VILLAGE, EPC Band D, £485,000

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SAWBRIDGEWORTH
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£260,000

SAWBRIDGEWORTH (Lawrence Moorings)

First floor, 2 bedroom apartment with views over private marina and allocated parking. 3 mins walk to train station. Excellent investment opportunity. No onward chain. Sole agents.



£279,950

OLD HARLOW (Cowllins)

2 bedroom first floor apartment with a good size living room, kitchen, family bathroom, gas fired central heating, double glazing throughout, private parking and allocated carport. Walking distance of town centre. Sole agents.



GUIDE PRICE £280,000

SAWBRIDGEWORTH (London Road)

Character cottage in a town centre location. In need of renovation/modernisation throughout. Walking distance of train station. Large living/dining room, kitchen, downstairs bathroom. 2 good size bedrooms, enclosed courtyard garden. Immediate vacant possession and no onward chain. Sole agents.



£324,950

CHURCHGATE STREET

Beautifully presented character cottage in a village centre location. Luxury kitchen/dining room, cosy sitting room with fireplace, 2 first floor bedrooms, loft room/bedroom 3, long rear garden, gas fired heating and double glazing. Must be viewed. Joint agents.



£495,000

OLD HARLOW (Hobbs Cross)

Delightful Grade II listed thatched cottage with 2/3 bedrooms, 300ft garden backing on to open farmland, lots of charm and character throughout, 3 reception rooms, kitchen, utility. No onward chain. Sole agents.



£479,950

SAWBRIDGEWORTH (Durham Close)

4 bed detached family home. Offered with vacant possession & No onward chain, driveway and parking for 3 cars, kitchen, sitting room, separate dining room, family bathroom and 35 ft Garden.



£495,000

SAWBRIDGEWORTH (Sun Street)

2 bedroom link-detached family home. Walking distance of train station and town centre. Good size sitting room, kitchen/breakfast room, separate dining room, downstairs w.c., 4 bedrooms, en-suite shower room and family bathroom, enclosed rear garden, detached garage, driveway and parking for 4 cars.



£519,950

SAWBRIDGEWORTH (Station Road)

Beautifully presented 3 double bedroom period house on a raised position in the centre of Sawbridgeworth. Good size sitting room, large dining/family room, kitchen, off-street parking, garden and period features. 5 mins to station. Sole agents.



£539,950

SAWBRIDGEWORTH (Bell Street)

Grade II listed 3 bedroom home with character interior. Village centre location and short walk to station. Allocated parking for 2 cars plus enclosed rear garden, kitchen/dining room, utility room, living room, downstairs w.c., playroom/office, en-suite shower room plus family bathroom. Sole agents.



£600,000

HATFIELD HEATH (West Hayes)

Beautifully presented 4 bedroom detached home with a large luxury fitted kitchen/dining room, sitting room, office/playroom, utility, downstairs w.c., en-suite bathroom to master, further family shower room, enclosed rear garden, detached garage and driveway. Sole agents.



£650,000

GREAT CANFIELD (Hope End)

Spacious 3 double bedroom single storey barn conversion with a vaulted ceiling, large dining room, sitting room, spacious entrance, kitchen, corner plot, double garage, gated entrance. Close to excellent facilities. Early viewing essential. Sole agents.



£825,000

HIGH WYCH

Immediate vacant possession offered. 4 bedroom detached family house with 4 large reception rooms, kitchen, good size garden, detached garage, "in and out" horseshoe driveway, en-suite to master bedroom. Keys available for immediate viewing. Sole agents.



£895,000

SAWBRIDGEWORTH (High Wych Road)

5 double bedroom detached home on an exclusive development of 4 houses. Landscaped gardens, detached double garage, 4 high end luxury bath/shower rooms, large open plan kitchen/family room, conservatory, large living room, study/office, downstairs w.c. Immaculate throughout. Sole agents.



£1,150,000

MATCHING (Carters Green)

Beautifully presented 16th century farmhouse with a stylish designer feel on a large mature plot. Large kitchen/breakfast room, sitting room, spacious drawing room, dining room, master bedroom, dressing room, en-suite, luxury bathroom, 3 further double bedrooms, detached barn. Sole agents.



£1,700,000

WOODSIDE GREEN

Substantial 7,000 sq ft country house with a detached annexe, indoor swimming pool complex, kennel block, 1/2 acre plot, magnificent kitchen/family room, sitting room, games room, study, 5 bedrooms, 4 bath/shower rooms, cinema room. National Trust position. Sole agents.



£625pcm

SAWBRIDGEWORTH (Ladywell Prospect)

Fully furnished ground floor studio apartment situated within walking distance of station and amenities. Refitted kitchen and bathroom and a good size living area, UPVC double glazed windows, allocated parking. Available Now



£795pcm

CHURCH LANGLEY (Aynsley Gardens)

Furnished one bedroom ground floor apartment in a convenient location. Entrance hall with useful storage, good size living room opening to kitchen with appliances, double bedroom and bathroom. Outside there is one allocated parking space



£800pcm

BISHOPS STORTFORD (Grove Place)

2 bedroom mid terrace Victorian cottage in a sought after location. Comprising living room and fitted kitchen, good size bedroom plus further single room/study and bathroom. Courtyard rear garden, outbuilding, keys held available now.



£825pcm

SAWBRIDGEWORTH (West Road)

Unfurnished studio apartment situated in a convenient central location just a short walk from all local amenities including mainline station. Located on the 2nd floor the property enjoys a bright lounge, open plan kitchen and separate shower room. Allocated parking for one car. Available Now.



£925pcm

SAWBRIDGEWORTH (Lawrence Moorings)

Unfurnished two bedroom ground floor apartment, only a short walk from the mainline station and other facilities. The property comprises entrance hall, sitting room, recently updated kitchen, two bedrooms, a modernised bathroom and gas fired central heating. Unfurnished and available early April



£1095pcm

SAWBRIDGEWORTH (Church Street)

2 bedroom unfurnished period cottage in a central location close to town centre, short walk to station, comprises recently refitted kitchen with small breakfast area, good size living room, two bedrooms to the first floor plus recently refitted family bathroom, courtyard rear garden.



£1395pcm

SAWBRIDGEWORTH (The Orchards)

3 bedroom, 3 storey, town house situated close to town center and station. Downstairs w.c., luxury fitted kitchen with built-in appliances and large living/dining room. 3 bedrooms with en-suite shower room to master. Low maintenance garden to the rear. Available end of March



£1395pcm

HIGH WYCH (Mabey's Walk)

3 bedroom semi-detached family home offering good size accommodation, with 3 bedrooms and family bathroom to the first floor, large lounge/diner to the ground floor and kitchen/breakfast room. Integral garage and driveway, good size garden.



£1495pcm

SAWBRIDGEWORTH (Sun Street)

4 bed family home situated within walking distance of all local amenities. Enjoying a good size kitchen/diner with appliances, w.c., master bedroom with en suite shower room, 2/3 further bedrooms, L shaped lounge and family bathroom. Driveway and a good size rear garden.



£1495pcm

SAWBRIDGEWORTH (Bickerton Court)

1200sqft duplex apartment in a newly constructed development only a short walk to the station. Comprising huge lounge/dining room with balcony, fitted kitchen, 2 bedrooms and 2 bathrooms. Parking, gas fired central heating.

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NEW PRICE

£193,000
HADLEY GRANGE, CHURCH LANGLEY
• One Bedroom • Own Rear Garden
• Allocated Parking • Ground Floor Apartment
• No Onward Chain • EPC Rating: - D



NEW ON

£249,995
VICARAGE WOOD, HARLOW
• Two Bedrooms • Cul De Sac Spot
• Good Size Garden • Mid Terrace
• No Onward Chain • EPC Rating: D



NEW PRICE

FIXED PRICE £259,995
DAVENPORT, CHURCH LANGLEY
• Two Bedrooms • Mid Terrace
• Kitchen/Diner • Allocated Parking
• South Facing Garden • EPC Rating: C



NEW ON

£279,995
GREAT AUGER STREET, NEWHALL
• Two Bedrooms • Allocated Parking
• Split Level • Chain Free
• Prime Location • EPC Rating: D



NEW ON

£279,999
WEDGEWOOD DRIVE, CHURCH LANGLEY
• Two Bedrooms • End Terrace
• Two Parking Spaces • Separate Dining Room
• No Onward Chain • EPC Rating: D



CHAIN FREE

OIRO £295,000
MARK HALL MOORS, HARLOW
• Three Bedrooms • End Of Terrace
• Excellent Project • Chain Free
• Conservation Area • EPC Rating: E



CHAIN FREE

GUIDE PRICE £310,000 - £320,000
JOCELYNS, OLD HARLOW
• Three Bedrooms • Mid Terrace Property
• Detached Garage • Close To High Street
• No Onward Chain • EPC Rating: F



PARKING

£339,995
SPARROWHAWK WAY, NEWHALL
• Two Double Bedrooms • Driveway
• Link Detached • En-Suite
• Sun Terrace • EPC Rating: C



NEW ON

£349,995
CHALLINOR, CHURCH LANGLEY
• Three Bedrooms • New Kitchen
• Downstairs Cloakroom • Updated Boiler
• Garage & Driveway • EPC Rating: TBC



NEW ON

£350,000
CHIPPINGFIELD, OLD HARLOW
• Three Bedrooms • Semi Detached
• Kitchen/Diner • Chain Free
• Lots Of Potential • EPC Rating: D



MUST VIEW

£384,995
FELMONGERS, HARLOW
• Three Bedrooms • Semi Detached
• Two Receptions • Popular Location
• Two Bathrooms • EPC Rating: E



PLANNING

£385,000
HONOR STREET, NEWHALL
• Three Bedrooms • Two Bathrooms
• Immaculate Home • Planning Granted
• Driveway • Downstairs W/C



NEW PRICE

£399,995
MULBERRY GREEN HOUSE, OLD HARLOW
• End Of Terrace • Two Bedrooms
• Allocated Parking • Conservatory
• Walking To Shops • EPC Rating: C



CHAIN FREE

£430,000
ALBERT GARDENS, CHURCH LANGLEY
• Four Bedrooms • Detached House
• Two Receptions • Garage & Drive
• Conservatory • EPC Rating: TBC



GARDENS

£449,995
NORTHBROOKS, HARLOW
• Three Bedrooms • Close To Town
• Link Detached • Large Garden
• Garage & Driveway • EPC Rating: D



NEW PRICE

GUIDE PRICE £450,000 - £475,000
ST JOHNS AVENUE, OLD HARLOW
• Semi Detached • With Detached Annex
• Three Bedrooms • Two Bedrooms
• Two Receptions • EPC Rating: E



NEW PRICE

OIRO £510,000
HAWKENBURY, HARLOW
• Three/Four Bedrooms • Heavily Extended
• Semi Detached • Garage & Driveway
• Two Receptions • EPC Rating: C



BARN

£650,000
THE BARNS, OLD HARLOW
• Three Bedrooms • Walk To Station
• Two Bathrooms • Courtyard Setting
• Semi Detached • EPC Rating: E



BESPOKE

£895,000
GREAT AUGER STREET, NEWHALL
• Detached House • Four Bedrooms
• Bespoke Build • Four Bathrooms
• Double Garage • EPC Rating: B



CHAIN FREE

£895,000
LATTON COMMON, HARLOW
• Five Bedrooms • Gated Entrance
• Three Receptions • Detached
• Private Location • EPC Rating: C



TO LET

£900 PCM
SYCAMORE FIELD, HARLOW
• Two Bedrooms • Available 16th March
• Maisonette • Other Fees Apply
• Private Garden • EPC Rating: D



TO LET

£900 PCM
AYNSLEY GARDENS, CHURCH LANGLEY
• Top Floor • Two Bedrooms
• Available Early March • No Smokers / Pets
• Allocated Parking • EPC Rating: D



TO LET

£1,040 PCM
TORKILDTSEN WAY, HARLOW
• Two Bedrooms • Available Now
• Top Floor • Other Fees Apply
• Recently Redecorated • EPC Rating: B



TO LET

£1,100 PCM
BRAYS MEAD, HARLOW
• Three Bedrooms • Available Feb 2018
• Redecorated Throughout • Other Fees Apply
• Close to local amenities • EPC Rating: C



TO LET

£1,300 PCM
RAMBLERS LANE, NEWHALL
• Three Bedrooms • Available March 2018
• Allocated Parking • Other Fees Apply
• Private Gardens • EPC Rating: C

sales@hbproperty.co.uk

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lettings@hbproperty.co.uk

Enter our Easter Competition! How many eggs are in the bowl?

- 1 Follow us on Facebook and/or Twitter @KingsGroupLLP
- 2 Share/Retweet the competition post
- 3 Comment your best guess and the closest guess will win the Creme Eggs



www.kings-group.net

We'll be announcing the winner on **Monday 26th March 2018** via social media.

Good luck and happy egg-stimating!



UNIT 4, CHURCH LANGLEY WAY, CHURCH LANGLEY

01279 410084



CHAIN FREE

Coalport Close

£225,000

- A Two Bedroom Ground Floor Flat
- CHAIN FREE
- Allocated Parking
- Lounge/Diner
- Security Telephone Entry System
- E.P.C Rating: D



MUST BE SEEN!

Chelsea Gardens

O.I.E.O £235,000

- STAMP DUTY EXEMPT
- A Two Bedroom Ground Floor Flat
- Allocated Parking
- Lounge/Diner
- Telephone Entry System
- E.P.C Rating: D



VIEWINGS ADVISED

Tickenhall Drive

£270,000

- Two Bedroom Terraced House
- Kitchen / Diner
- Stamp Duty Exempt
- Cul-De-Sac Location
- Allocated Parking For Two Vehicles
- EPC Rating: C



VIEWINGS ADVISED

Challinor

O.I.E.O £325,000

- Three Bedroom End Of Terrace House
- Cul-De-Sac Location
- Allocated Parking
- Garage En Bloc
- Kitchen/Diner
- EPC Rating: C



CHAIN FREE

Ashworth Place

O.I.R.O £375,000

- Three Bedroom Detached House
- Garage & Driveway For Two Vehicles
- Double Glazing Throughout
- Fitted Family Bathroom
- Fitted Wardrobes To The Master Bedroom
- EPC Rating: D



NEW PRICE

Burley Hill

O.I.E.O £465,000

- Detached Five Bedroom House
- CHAIN FREE
- Three Bathrooms
- Conservatory
- Driveway For Multiple Vehicles & Garage
- EPC Rating: D



CHAIN FREE

High Chase

O.I.E.I £475,000

- Four Bedroom Semi Detached House
- Open Planned Living Space
- Two Balcony's
- Parking For Multiple Vehicles
- En-suite To Master Bedroom
- EPC Rating: B



CHAIN FREE

Seymour Chase, Epping

O.I.E.O - £560,000

- Situated in the Kingswood Park Estate, Epping
- Three double Bedroom Semi Detached House
- Two En-Suites & A Family Bathroom
- Benefits From Under Floor Heating
- Chain Free
- EPC Rating: C



Rushton Grove

£299,995

- Two Bedroom House
- Extended To Rear
- Off street Parking For Two Vehicles
- Secluded Rear Garden
- Stamp Duty Exempt For First Time Buyers
- Awaiting EPC Rating



Albert Gardens

O.I.E.O £340,000

- Three Bedroom Detached House
- Private Driveway & Garage
- CHAIN FREE
- Conservatory
- En-suite To The Master Bedroom
- EPC Rating: D



CHAIN FREE



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NEW INSTRUCTION



Bowhill Way

O.I.R.O
£269,995

- A Two Bedroom Semi- Detached Couch House
- Juliette Balcony overlooking a small green area
- 10 Year built mark warranty (NHBC)
- Allocated Parking
- Approx 0.8 Miles Away From Harlow Town Train Station
- EPC Rating: B



NEW INSTRUCTION



Canons Gate

O.I.E.O
£280,000

- A Three Bedroom Mid - Terrace Family Home
- Landscaped Rear Garden
- CHAIN FREE
- Approx. 0.7 Miles Away From Princess Alexandra Hospital
- uPVC double glazed & Gas Central Heating Throughout
- EPC Rating: C



Ladyslot

O.I.R.O -
£205,000

- A Two Bedroom Top Floor Apartment
- Two DOUBLE Bedrooms
- Private Front Door
- Situated In A Residential Cul - De - Sac
- Balcony's To The Front & Rear Aspect
- EPC Rating: E

VIEWINGS ADVISED



Long Banks

O.I.R.O -
£260,000

- Three Bedroom House
- End of Terrace
- Fitted Kitchen
- Chain Free
- Perfect Home Or Investment
- EPC Rating E

CHAIN FREE



Pittmans Field

O.I.R.O -
£265,000

- Three Bedroom End Of Terrace House
- Cul De Sac Location
- Easy Reach of Schools & Local Amenities
- Fitted Kitchen
- Landscaped Garden To Rear Aspect
- EPC Rating: D

CHAIN FREE



The Readings

£275,000

- A Three Bedroom Mid - Terrace Family Home
- Utility Room
- First Floor Family Bathroom
- Larger Than Average Lounge/ Diner
- uPVC Double Glazed & Gas Central Heating Throughout
- EPC Rating: D

CHAIN FREE



Peterswood

O.I.R.O -
£278,000

- Three Bedroom Mid Terraced House
- Garage To The Front
- Driveway For One Vehicle
- Fitted Kitchen To Front Aspect
- Downstairs Cloakroom
- EPC Rating: D

VIEWING ADVISED



Shawbridge

O.I.R.O -
£279,995

- Three Bedroom End of terrace house
- Chain Free
- Lounge and Kitchen Diner,
- Three Double Bedrooms,
- First Floor Bathroom
- EPC Rating: D

CHAIN FREE



Sycamore Field

£285,000

- A Three Bedroom Mid- Terrace Family Home
- South Facing Rear Garden With Rear Access
- CHAIN FREE
- Separate Living & Dining Rooms
- Situated In A Residential Cul - De - Sac
- EPC Rating: Awaiting

CHAIN FREE



Brays Mead

O.I.R.O -
£295,000

- Three Bedroom Terraced House
- Chain Free
- Well Presented In Our Opinion
- Lounge/Diner
- Approx. 40ft Rear Garden
- EPC Rating: D

CHAIN FREE



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ESTATE AGENTS - SALES & LETTINGS



NEW



LODGE HALL, HARLOW £335,000

- Three Bedrooms
- Garage & Driveway
- Cul-De-Sac Location
- Immaculate Throughout
- Semi Detached House
- Modern Kitchen/Diner
- Ensuite Shower Room
- EPC Rating: TBC

NEW



PURFORD GREEN, HARLOW £315,000

- Three Double Bedrooms
- Driveway For Two Cars
- Well Presented
- Kitchen/Diner
- Middle Terrace
- Popular Location
- Utility Room
- EPC Rating: TBC



Westbury Rise, Church Langley £585,000

- Four Bedrooms
- Two Receptions
- Kitchen/Family Room
- Conservatory
- Detached House
- Double Detached Garage
- Immaculate Home
- EPC Rating: D



Thurstans, Harlow £575,000

- Four/Three Bedrooms
- Three Receptions
- Premium Location
- Detached Double Garage
- Detached Home
- Stunning Orangery
- Large Garden Plot
- EPC Rating: D



Chelsea Gardens, Church Langley £549,995

- Six Bedrooms
- Two Receptions
- En-Suite Shower
- Garage & Drive
- Utility & W.C
- Riptide Swim Spa
- EPC Rating: TBC



PARK AVENUE, HARLOW

- Four Bedrooms
- Three receptions
- Large Gardens
- Garage & Driveway
- Semi Detached
- Extended Property
- Rarely Available
- EPC Rating: TBC

£499,995



CHALLINOR, CHURCH LANGLEY

- Four Bedrooms
- Two Receptions
- En-Suite Bathroom
- Double Driveway
- Detached House
- Kitchen/Bkfst Room
- Cloakroom & Utility
- EPC Rating: D

£475,000



MILLERSDALE, HARLOW

- Four Bedrooms
- Two Receptions
- Kitchen/Bkfst Room
- Garage & Drive
- Detached Home
- Long Gardens
- Cul-De-Sac Location
- EPC Rating: D

£429,995



DENBY GRANGE, CHURCH LANGLEY

- Three Bedrooms
- Two Receptions
- Immaculate Home
- Garage & Drive
- Detached Home
- En-Suite Shower
- Cul-De-Sac Location
- EPC Rating: TBC

£425,000



CHELSEA GARDENS, CHURCH LANGLEY

- Three Bedrooms
- Garage & Driveway
- Two Receptions
- Chain Free
- Detached Home
- Popular Location
- Southerly Garden
- EPC Rating: TBC

£385,000



SOLD STC

MORE NEEDED

CHALLINOR, CHURCH LANGLEY

- Three Bedrooms
- Two Receptions
- Private Rear Garden
- Garage & Drive
- Detached House
- Immaculate Home
- En-Suite & W.C
- EPC Rating: D

£384,995

t: 01279 216216

e: info@rjestateagents.co.uk



NEW

**GREAT AUGER STREET, NEWHALL £299,995**

- Three Bedrooms
- Open Plan Living
- Three Bathrooms
- Balcony & Sun Room
- Duplex Apartment
- Allocated Parking
- CHAIN FREE
- EPC Rating: C

NEW

**COALPORT CLOSE, £225,000**

- Two Bedrooms
- Allocated Parking
- Lounge/Diner
- First Floor
- Apartment
- Popular Location
- Communal Garden
- EPC Rating: TBC

**Sparrowhawk Way, Newhall £339,995**

- Two Double Bedrooms
- Well Presented
- Overlooking New School
- NHBC Warranty
- Link Detached
- Kitchen/Diner
- Driveway
- EPC Rating: B

**Latton Green, Harlow £339,995**

- Three Bedrooms
- Driveway
- Two Receptions
- Chain Free
- Semi Detached
- Popular Location
- Potential To Extend (STPP)
- EPC Rating: TBC

**Albert Gardens, Church Langley £339,995**

- Three Bedrooms
- Kitchen/Diner
- Cloakroom W.C
- Double Driveway
- Semi Detached
- Conservatory
- Popular Location
- EPC Rating: D

**PRIORY COURT, HARLOW**

- Four Bedrooms
- Recently Redecorated
- Driveway
- Overlooking Latton Common
- Town House
- Ensuite To Master
- Private Close
- EPC Rating: TBC

£330,000

SOLD STC

MORE NEEDED

DAVENPORT, CHURCH LANGLEY

- Two Bedrooms
- Ensuite & Dressing Area
- Large Driveway
- Open Plan Kitchen/Diner
- End Terrace House
- Cul-De-Sac Location
- Southerly Garden
- EPC Rating: TBC

£330,000**THE FORTUNES, HARLOW**

- Four Bedrooms
- Kitchen/Diner
- Utility Room
- Chain Free
- Terraced House
- Large Corner Garden
- Popular Location
- EPC Rating: D

£319,995**MALKIN DRIVE, CHURCH LANGLEY**

- Two Bedrooms
- Lounge/Diner
- Cloakroom/W.C
- Garage To Rear
- Terraced Home
- Croudace Build
- Southerly Gardens
- EPC Rating: C

£294,995**ABBEYDALE CLOSE, CHURCH LANGLEY**

- Two Bedrooms
- Modern Kitchen
- Lounge/Diner
- Allocated Parking
- Terraced House
- Westerly Garden
- Popular Location
- EPC Rating: C

£284,995**SPRUCE HILL, HARLOW**

- Three Bedrooms
- Well Presented
- Lounge/Diner
- Ground Floor WC
- Middle Terrace
- Popular Location
- Fitted Wardrobes
- EPC Rating: TBC

£279,995

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e: info@rjestateagents.co.uk



NEW

**CHURCH END, HARLOW****£119,995**

- Studio
- First Floor
- Fitted Kitchen
- Chain Free
- Apartment
- Popular Location
- Large Store Room
- EPC Rating: D

NEW

**HIGH ELMS, HARLOW****£170,000**

- One Bedroom
- Allocated Parking
- Open Plan
- Chain Free
- First Floor Apartment
- Well Presented
- Popular Location
- EPC Rating: TBC

**Radburn Close, Harlow****£275,000**

- Three Bedrooms
- Popular Location
- Two Reception
- Chain Free
- Middle Terrace
- Southerly Garden
- Potential Driveway
- EPC Rating: TBC

**Willowfield, Harlow****£249,995**

- Two Double Bedrooms
- Lounge/Diner
- Modern Kitchen
- Popular Location
- Middle Terrace
- 40ft Rear Garden
- Ideal First Purchase
- EPC Rating: C

**Ash Tree Field, Harlow****£249,995**

- Two Bedrooms
- Lounge/Diner
- Popular Location
- Chain Free
- Middle Terrace
- Close To Town Centre
- Southerly Garden
- EPC Rating: TBC

**LONG LEY, HARLOW**

- Two Double Bedrooms
- Potential Driveway
- Southerly Garden
- Chain Free
- Middle Terrace
- Popular Location
- Ideal First Purchase
- EPC Rating: TBC

£249,995**RUSHES MEAD, HARLOW**

- Two Bedrooms
- Lounge/Diner
- Modern Kitchen
- Off Street Parking
- Terraced House
- Westerly Garden
- Close To Amenities
- EPC Rating: C

£249,995**MOORFIELD, HARLOW**

- Two Bedrooms
- First Floor
- Balcony
- CHAIN FREE
- Apartment
- Lounge/Diner
- Fitted Kitchen
- EPC Rating: TBC

£179,995**REGENCY COURT, HARLOW**

- One Bedroom
- Lounge/Diner
- Communal Garden
- Chain Free
- Ground Floor
- Apartment
- Residents Parking
- EPC Rating: D

£149,995**UPPER MEALINES, HARLOW**

- One Bedroom
- Lounge/Diner
- Popular Area
- Chain Free
- First Floor
- Apartment
- Ideal Investment
- EPC Rating: TBC

£140,000**HORNBEAMS, HARLOW**

- Studio Flat
- Own Balcony
- Close To Train Station
- Chain Free
- Top Floor
- Ideal Investment Or First Time Buy
- Popular Location
- EPC Rating: C

£124,995

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NEW



WEDHEY, HARLOW

£1,395 P.C.M

- Four Bedrooms
- Kitchen/Diner
- Close To Hospital
- Available Mid April
- Terraced Home
- Plenty Of Parking
- Part Furnished
- EPC Rating: C



NEW



THE GARDINERS, CHURCH LANGLEY

£1,100 P.C.M

- Two Bedrooms
- Available Now
- Two Parking Spaces
- Well Presented
- Middle Terrace
- Unfurnished
- Cul-De-Sac Location
- EPC Rating: TBC



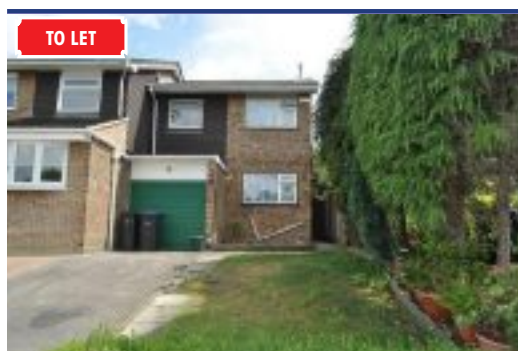
LET AGREED

MORE NEEDED

Old London Road, Church Langley

£1,400 P.C.M

- Three Bedroom
- En-Suite Shower
- Unfurnished
- Garage & Drive
- Semi Detached
- Available NOW
- Kitchen/Diner
- EPC Rating: C



TO LET

Morningtons, Harlow

£1,100 P.C.M

- Three Bedrooms
- Lounge/Diner
- Unfurnished
- Garage To Front
- Semi Detached
- Available End Of March
- Driveway
- EPC Rating: E



TO LET

Blacksmith Way, High Wych

£1,000 P.C.M

- Two Bedroom
- Lounge/Diner
- Part Or Unfurnished
- Own Parking
- End Of Terrace
- No Pets, No DSS
- Available Mid March
- EPC Rating: C



LET AGREED

MORE NEEDED

Aynsley Gardens, Church Langley

£950 P.C.M

- Two Bedrooms
- Lounge/Diner
- Unfurnished
- White Goods Available
- Ground Floor Maisonette
- Allocated Parking
- Available Mid March
- EPC Rating: E



TO LET

Church End, Harlow

£775 P.C.M

- One Bedroom
- Lounge/Diner
- Ground Floor
- Unfurnished
- Apartment
- Available in February
- Own Garden
- EPC Rating: D



LET AGREED

MORE NEEDED

Mallows Green, Harlow

£750 P.C.M

- One Bedroom
- Modern Kitchen
- Unfurnished
- White Goods Available
- Ground Floor Flat
- Available End March 2018
- Popular Location
- EPC Rating: D

t: 01279 216216

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New
Price

LADYSHOT

£159,950

- One Bedroom Second Floor Flat
- No Onward chain
- Gas Central Heating
- Lounge with Balcony
- Double Glazing
- Kitchen 11'4 x 7'10
- 92 Year Lease



TAYLIFERS OIEO £145,000

- CHAIN FREE
- First Floor Flat
- Double Glazed
- Lounge 13'6 x 9'7
- Kitchen 7'9 x 5'10
- Bathroom
- Current Vendor to Refurbish Property



MOORFIELD OIEO £150,000

- One Bedroom
- Top Floor Flat
- Gas Central Heating
- Communal Parking
- Large Lounge
- Double Bedroom
- Fitted Kitchen
- Well Presented
- Throughout



New
Instruction

WOODCROFT

£159,950

- One Bedroom Flat
- First Floor
- Gas Central Heating
- Good Size & Condition
- Fitted Kitchen
- Good Size Lounge
- Viewing Recommended



RIVERMILL £220,000

- Two Bedroom Maisonette
- End of Terrace
- Large Kitchen Diner
- Own Garden
- Gas Central Heating
- Double Glazing
- Modern Fitted Bathroom
- Walking Distance of Train Station



THE FORTUNES £245,000

- Two Bedroom Mid Terrace Home
- Fitted Kitchen 11'1 x 5'10
- Large Lounge 18'3 x 12'7
- Double Bedrooms
- Bathroom
- Close to Schools & Shops
- In Need of Some Work



ABBOTTSWELD £255,000

- CHAIN FREE
- Refurbished Throughout
- Refitted Kitchen
- Refitted Bathroom
- Three Bedrooms
- Spacious Lounge
- Close To Amenities
- Close To Transport Links



HORNBEAMS £260,000

- Two Double Bedrooms
- Mid Terrace
- Gas Central Heating
- Double Glazing
- Lounge Diner
- Unoverlooked
- Garden
- Close to all Amenities



THE MAPLES £265,000

- Chain Free
- Three Bedrooms
- In Need of Modernisation
- Lounge 15'11 x 11'8
- Kitchen 15'11 x 9'3
- Two Double Bedrooms
- Downstairs Cloakroom



COALPORT CLOSE £269,000

- Two Bedroom Home
- Church Langley Location
- Modern Fitted Kitchen/Diner
- Fitted Bathroom
- Close to Schools & Local Supermarket.
- Allocated Parking
- Viewing Recommended



FENNELLS £279,995

- Three Bedroom Mid Terrace
- Lounge 12'2 x 12'8
- Fitted Kitchen
- Conservatory
- Downstairs Cloakroom
- Close to Shops & Schools
- Popular Location



PRIORY COURT £280,000

- Three Bedroom Town House
- Own Drive
- Close to Schools & Amenities
- Good Size Garden
- Downstairs Cloakroom
- Fitted Kitchen
- Lounge & Dining Area



New
Price

PEACOCKS

£275,000

- Three Bedroom Family Home
- End of Terrace
- Fitted Kitchen & Bathroom
- Open Plan Lounge Diner
- Garage En Bloc
- No Onward Chain



HALLING HILL £280,000

- Two Bedroom Mid Terrace Home
- Extended Kitchen Diner
- Lounge
- Conservatory
- Stamp Duty Exempt
- for First Time Buyers.
- Shower Cubicle in Bedroom One
- Unoverlooked Garden



BARN MEAD £290,000

- Three Bedroom Home
- Mid Terrace
- Large Lounge Diner
- Fitted Kitchen & Bathroom
- Good Sized Bedrooms
- Close to Local Amenities & Schools
- Double Glazing



WESTFIELD £290,000

- Two Bedroom Detached Home
- Popular Location
- Modern Fitted Kitchen
- Double Bedrooms
- Off Street Parking for One Car
- Fitted Bathroom
- Lounge 15'5 x 11'2



New
Instruction

ALTHAM GROVE

£325,000

- Three Bedroom Family Home
- End of Terrace
- Gas Central Heating
- Lounge 20' x 10'4"

- Fitted Kitchen
- Utility Room
- Close to All Amenities
- Viewings Recommended



SADLERS MEAD

£315,000

- Three Bedroom Family Home
- Re-Wired and New Boiler Installed
- Fitted Kitchen
- Large Lounge
- Bathroom with Separate WC
- Close to Local Schools & Amenities
- Viewings Strongly Recommended



OLD HARLOW

OIEO £324,950

- Two Bedroom Cottage
- Lounge 10'11" x 14'9"
- Modern Fitted Kitchen
- Loft Room 15'9" x 9'6"
- Bedroom One 12'1" x 11'0"
- Bedroom Two 10'7" x 5'4"
- Family Bathroom



LADYSHOT

£295,000

- Five Bedroom Town House
- End of Terrace
- Gas Central Heating
- Close to The Stow
- Large Lounge Diner
- Fitted Bathrooms
- No Onward Chain



GUILFORDS

£300,000

- Three Bedroom Mid Terrace
- Kitchen/Breakfast Room
- Lounge
- Double Bedrooms
- Family Bathroom
- Downstairs WC
- Close to Train Station



New
Price

NEW HALL

£445,000

- Three Bedroom Town House
- Large Open Plan Kitchen
- Downstairs Cloakroom
- Spectacular Views from Master Bedroom

- Balcony Off Lounge
- Gas Central Heating
- Garage & Allocated Parking Space



New
Price

OLD HARLOW

£325,000

- No Onward Chain
- Three Bedrooms
- Lounge Diner
- Conservatory

- Gas Central Heating
- Kitchen
- In Need of Modernisation



NEW HALL

Offers in excess of £449,995

- Four Bedroom Detached Home
- Large Kitchen Diner
- Lounge
- En-Suite to Master Bedroom
- Modern Fitted Bathroom
- Downstairs Cloakroom
- Garage



NAZEING

OIEO £450,000

- Three/Four bedroom Property
- Potential for loft conversion (subject to planning)
- Parking for five vehicles
- Double Glazing & GCH
- Spacious Lounge/dining area
- Family friendly rear garden
- Two annexes in garden area offering both living ac



Sawbridgeworth

£475,000

- Three/Four Bedroom Town House
- Semi-Detached
- Large Lounge 22'6" x 12'8"
- Kitchen & Utility
- Bathroom & Downstairs Shower Room
- Rear Garden approx 45' in length
- Popular Location



CHURCH LANGLEY

£525,000

- Four/Five Bedroom Detached Home
- Garage Conversion
- Conservatory
- Downstairs Cloakroom
- Driveway for Multiple Vehicles
- Modern Fitted Kitchen
- Close to all Local Amenities



BURNETT PARK

£549,950

- Unique Four Bedroom Bungalow
- Large Drive & Double Garage
- Lounge & Dining Room
- En-suite to Master Bedroom
- Easy Access to Harlow & Epping
- Good Sized Garden
- Gas Central Heating



OLD HOUSE LANE

£600,000

- Three/Four Bedroom Bungalow
- Potential Annex Accommodation
- Family Bathroom
- Kitchen & Utility Room
- Good Size Lounge
- Ample Parking at Front
- Village Location



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HARLOW, CHURCH LANGLEY & NEW HALL | 01279 444988



NEWMANS END £2,500 PCM

- Four Bedrooms
- Modern Property
- En-Suite To Master
- EPC Rating To Follow
- Must Be Viewed
- * Admin Fees Apply
- Must Be Viewed
- Available Now.

NEW LISTING



AYNSLEY GARDENS £1000 PCM

- Two Bedroom Flat
- Church Langley
- Double Bedrooms
- Allocated Parking
- Part Furnished
- EPC Rating D
- * Admin Fees Apply
- Available Now

NEW LISTING



THE CHASE £850 PCM

- One Bed Apartment
- New Hall
- White Goods Only
- Large Accommodation
- Rent Includes All Bills
- * Admin Fees Apply
- EPC Rating C
- Available Early April

NEW LISTING



BROADFIELDS £825 PCM

- 2 Bed First Floor Flat
- Gas Central Heating
- Close To Schools
- Next To Town
- EPC Rating D
- Available Mid March
- * Admin Fees Apply

NEW LISTING



MOORFIELD £800 PCM

- Two Bedrooms
- First Floor Flat
- Close To Shops
- White Goods Only
- EPC Rating C
- Available Now
- * Admin Fees Apply



TYE GREEN £725 PCM

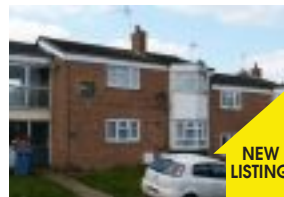
- One Bed Bungalow
- Oven Only
- Shower Only (No Bath)
- EPC Rating D
- * Admin Fees Apply
- Available Now



BROMLEY CLOSE £720 PCM

- Integral White Goods
- Intercom Entry System
- Allocated Parking Space
- Part Furnished To Lounge/Diner
- EPC Rating C
- Available Mid March
- * Admin Fees Apply

NEW LISTING



RUNDEALLS £700 PCM

- One Bedroom Flat
- First Floor
- Furnished
- Modern Property
- * Admin Fees Apply
- EPC Rating C
- Available March

NEW LISTING



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BROOKLANE FIELD, HARLOW £449,950

- FOUR BED SEMI-DETACHED
- GARAGE & DRIVEWAY
- EN-SUITE SHOWER
- LARGE EXTENSION
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- NEXT TO LATTON COMMON
- INTERNAL PHOTOS ONLINE



MOORFIELD, HARLOW £260,000

- THREE BED TERRACED HOUSE
- TWO RECEPTION ROOMS
- CLOAKROOM
- UTILITY ROOM
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- CLOSE TO LOCAL AMENITIES
- INTERNAL PHOTOS ONLINE



ALEXANDER MEWS, HARLOW £345,000

- TWO BED TERRACE HOUSE
- SOUGHT AFTER LOCATION
- GATED ENTRANCE
- LUXURY FITTED KITCHEN
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- VIEWINGS RECOMMENDED
- INTERNAL PHOTOS ONLINE



PRIORY COURT, HARLOW £237,500

- TWO BED FIRST FLOOR FLAT
- PRIVATE DEVELOPMENT
- SOUTH FACING BALCONY
- REFURBISHED THROUGHOUT
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- GARAGE EN BLOC
- INTERNAL PHOTOS ONLINE



ABBEYDALE CLOSE, CHURCH LANGLEY £297,500

- TWO BED SEMI
- GARAGE & DRIVEWAY
- SOUTH FACING GARDEN
- SOUGHT AFTER LOCATION
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- VIEWINGS RECOMMENDED
- INTERNAL PHOTOS ONLINE



SEYMOURS, HARLOW £155,000

- ONE BEDROOM FLAT
- FIRST FLOOR
- GREAT LOCATION
- PRIVATE ENTRANCE
- IDEAL INVESTMENT
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- VIEWINGS RECOMMENDED



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SSTC

Guide Price £260,000 - £270,000
Ideal Starter Home EPC C
The Gardiners
Sale now agreed on this two bedroom middle terrace house benefiting from allocated parking. If you need to sell, call us now and we could have you sold? Ref 14246
Another Property SSTC



NEW PRICE

Guide Price £450,000 - 475,000
St Johns Avenue
A Family Home With An Annexe
EPC E

This older style semi detached three bedroom family home and detached two bedroom annexe is located the popular Old Town. The main property benefits from two reception rooms and three bedrooms and is well maintained throughout. Ref 13895

Viewing Highly Advised



SSTC

Guide Price £270,000 - £290,000
Similar Property Required EPC C
Potters Field
This well presented family home has now been sold SSTC, after many viewings and interested applicants. If you are thinking of selling call 01279 443311. Ref 14071
Thinking Of Selling?



NEW

Well Presented Family Home £265,000
Barley Croft
Offered For Sale Chain Free Offered for sale chain free is this well presented three bedroom family home benefiting from a ground floor WC. The property would make a great purchase for a buy to let investor or a first time buyer. Ref 14124
Call Today



NEW

On Top Of It All
St Michaels Close
£300,000
EPC TBC

Centrally located in a cul-de-sac turning is this 3 bedroom terraced home with parking. The property is close to Harlow town centre with it's vast range of shopping and leisure facilities and offers access to local schools, shops and Harlow college. Making this an ideal family home for everyone. Ref 14236

View Today



NEW PRICE

Guide Price £230,000 - £240,000
Spacious Living EPC C
Pittmans Field
If you are looking for a property to make your own, then you need to come and view this two bedroom mid terrace house that offers two double bedrooms. Ref 14242
Dont Miss Out



NEW PRICE

A Home For Your Family £269,995
Taylifers
This three bedroom end of terrace home with a conservatory is located on the outskirts of Harlow, close to schools, shops and bus routes, making it an ideal home for any family. Viewing is highly advised. Ref 13907
Call 01279 443311



NEW PRICE

Guide Price £265,000 - £275,000
An Ideal Starter Home EPC C

Coalport Cose, Church Langley

A viewing is highly advised on this two bedroom starter home located in the popular Church Langley Development with allocated parking. The property benefits from a lounge leading into a fitted kitchen. Ref 13933

- Two Bedrooms
- Starter Home
- Allocated Parking

- Fitted Kitchen
- Fitted Bathroom
- Popular Location

A Must View



SSTC

Sold Sold Sold £200,000
The Downs EPC D
Calling All First Time Buyers Located within walking distance to the town centre is this well presented two bedroom top floor flat. The property benefits from a balcony off the lounge and a communal rear garden. Ref 14060
Call For More Information



NEW PRICE

Guide Price £265,000 - £275,000
Well Presented EPC E
Ryecroft
Located within easy reach to the Town Centre is this well presented two bedroom end of terrace house. The property benefits from a recently fitted kitchen and bathroom. Ref 14129
View View View

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WHEELS

ROAD TEST: Volvo XC90 T8 Twin Engine Inscription Pro by David Ward

BIGGER AND BETTER



AT A GLANCE

- **Model:** Volvo XC90 T8 Twin Engine Inscription Pro
- **Price:** £76,890
- **Engine:** Two-litre Supercharged 320bhp Petrol Engine combined with a 81bhp electric motor
- **Transmission:** Eight-speed automatic gearbox
- **Performance:** 0 to 62mph 5.6 seconds, top speed 143mph
- **Fuel consumption:** 134.5 mpg combined
- **CO2:** 49g/km
- **Insurance Group:** 40
- **BiK:** 9%
- **Warranty:** Three years/60,000 miles
- **On Sale:** Now

The large and luxury Sports Utility Vehicles are becoming bigger and more expensive but demand for them remains unabated with more manufacturers jumping on the bandwagon and fighting for a slice of this lucrative and rewarding action.

For consumers spending fifty grand or more on these luxurious five or seven seater go-anywhere SUVs doesn't seem to worry them because they are clearly today motoring's most fashionable currency.

Joining this elite band of manufacturers nowadays are the Swedes at Volvo who last year launched their biggest and most expensive XC90 where the actual base model costs a few bob under the £50,000 marker.

Volvo has now moved the game on even further with a top range model called the XC90 T8 Inscription which will set buyers back the best part of £70,000 – whoever would have thought the Swedes would graduate from their indomitable small 300 Series family hatchback of the Eighties into today's big and posh SUVs?

Now backed by the Chinese money of the vast Geely Group, who bought Volvo from Ford back in 2010, the Swedes are going from strength to strength thanks to huge to that new found financial and research resources being poured in by their new owners.

This XC90 T8 Inscription is a fine example of that money well spent because the car is one of the most stunning big SUVs in the market place at present with its looks backed up by its off-road capability, seven seats inside and outstanding performance along

with a luxuriously fitted out cabin.

Key to its impressive performance is under the bonnet where there's a combination of a supercharged and turbocharged two-litre petrol engine (320bhp) coupled with an electric motor (81bhp) giving a total of just over 400 bhp on tap.

With only 49g/km when it comes to CO2 emissions then it's obviously a big attraction to up market company car buyers on the tax front as it has a BiK rating of just nine per cent, meaning big savings are made with this hybrid over the more traditional forms of power train.

The all-wheel-drive system on the car is quite unique too with the petrol engine driving the front wheels and the electric motor delivers power to the rear axles.

In the cabin again the key note is luxury as one would really expect at its price with full leather finish to all seats plus a really nice soft-touch, high quality finish everywhere with a distinctive Scandinavian flavour about it all – there's even a subtle touch like the Swedish national flag being sewn into the upholstery.

For the driver it's quite a luxurious feel about all the control, dials and the like all laid out sensibly and that includes the now typically Volvo nine-inch touch screen which houses all the main functions such as infotainment, climate control, sat nav, phone connectivity plus a series of apps and web browser facilities.

For such a big, big car it's so easy to drive too with the novel touch of a starter button, which is twisted to the right to switch both on and off while a handy little silver button

alongside this allows the driver to select which driving mode they want to get going.

Again as part of the overall luxury emphasis in the car there's a superb sounding Bower and Wilkins 19-speaker sound system, handy heads-up display for the driver and as one would expect of any Volvo packed to the gunnels with on-board safety equipment.

It's also lavishly equipped again as buyers of a £70,000 car would expect with powered seats and tailgates, auto dimming mirror, Sensus navigation system plus Volvo On Call and more.

Pulling away in hybrid mode is naturally quiet and relaxing but when the petrol engine is needed it comes in on cue and gives an impressive road-going performance, noticeable quiet too.

This T8 Twin Engine is no slouch out on the road – 0 to 62mph takes just over five seconds – and movement up and down the eight-speed automatic gearbox is to quick and smooth once out on the open road.

With the hybrid element it means the driver can push a button meaning the car drives emission-free in city driving just on electric power which has a range of around 25 miles and then simply reverse the process when once out on the open road.

Volvo engineers claim that the combined fuel consumption using both the petrol engine and the electric motor means it can achieve 139mpg but in reality this figure is somewhat over ambitious as on test here is average around the 54mpg mark.

With any hybrid there's always the conundrum over charging times for the

battery and this can vary whether the driver goes to and uses a dedicated charging point at a garage or, as I did, plug it into the mains at home where it took around 15 hours for a complete charge.

For any newcomer to driving a hybrid it's always a matter of time to become accustomed to the system but for such a big car like this XC90 is remarkably quick and easy and as for overall driving it handles exceptionally well, rides comfortably thanks to the air suspension.

Driven at motorway speeds both the engine and road noise are really quiet with just the big door mirrors making slight noise at speed.

This big Volvo is up against some strong and established rivals such as from the three main German car makers and of course our own Jaguar Land Rover but on the evidence of this T8 Twin Engine it can more than hold its own against any of them.

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WHEELS

GENEVA MOTOR SHOW ROUND-UP by Chris Russon



SHOWING PRACTICAL SIDE

Practical motoring is on the way back and it's not just with the boom in SUVs. Strip away the technology – and there's plenty of that on display at this year's Geneva Motor Show – and the humble estate car is alive and well.

Korean car maker Kia bucked the trend at the Swiss auto spectacular by unveiling a stylish Sportswagon derivative of its new European-built Ceed.

And as estates go, Kia has pushed the boat out giving its newcomer a 600 litre boot.

For a medium-sized estate that's huge – almost as big as a Mercedes E-Class – and it's been achieved by some clever design.

Like the new Ceed hatchback which also had its world premiere at Geneva, the Sportswagon has an eight foot eight inch wheelbase but measures almost a foot longer with almost all of that at the back.

Factor in a low lip height,

a powered tailgate and a variety of load configuration and it's a car with king-sized pretensions and aimed at those who need to carry plenty.

It proves that the estate still has a home in the European car market where sales of SUVs and crossovers show no sign of abating.

Hammering home their popularity, the show kicked

off with the Volvo XC40 compact crossover being named European Car of the Year for 2018.

That was followed by global reveals for BMW's new X4 Sports Activity Vehicle, a high performance Mercedes G-Class from AMG and Jaguar's Tesla-beating I-PACE all-electric 4x4.

Sister brand Land Rover wowed the crowds with a

special Range Rover SV Coupe – the fastest full-sized Range Rover ever and limited to just 999 models in Land Rover's 70th anniversary year.

It's price – £240,000. At the other end of the scale Peugeot and Citroen revealed van-based crossovers in the shape of a new Berlingo and the Rifter which appeared alongside Citroen's new C4 Cactus and a sleek looking new 508

flagship from Peugeot.

Audi took the wraps off a new A6 – now very much a 'baby' of its A8 limo – which will be on sale later in the year while at the high end of the SUV scale Lamborghini came to the party with the Urus – a super SUV priced from £135,000 and with a 0 to 60 acceleration of 3.6 seconds and a top speed of 190mph.

Concepts were thin on the ground but Renault did not

disappoint with the futuristic ZE-GO – a car which can be part of your house – while Mazda possibly stole the show with its sensational KA1 design study that's likely to become the next Mazda3.

Other cars for the future included Volkswagen's ID family which feature self-driving models such as the ID Cross campervan.

Going retro was British specialist car maker David Brown which had two versions of its Mini Remastered on display.

Based on the original Mini of some 60 years 50 years ago and powered by a 1,275cc engine they are faithful interpretations on the outside but come with state of the art interiors.

And perhaps the most fanciful creation came from Holland in the shape of the Pal-V.

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WHEELS

TEST DRIVE: BMW X3 xDrive 30d by Jon Smith

SPORTING CHANCE

There's a bit of misrepresentation going on here. Quite a few Sports Utility Vehicles – you know, those boxy things that are appearing everywhere – are anything but sporting.

Sure, they swallow up loads of luggage and some can even scramble their way up mountainsides. Others are never challenged beyond the ramp to a Waitrose car park.

But when it comes to neck-jerk acceleration or bend-hugging cornering many are left wanting, and certainly don't merit the adjective 'sporting'.

There are, however, a select few that blend 'sporting' and 'utility' into a truly harmonious theme. One such example is the BMW X3, recently heavily refreshed both in terms of coachwork and vigour.

If you step up from the

best selling 2.0-litre diesel to the X3 3.0d you get a taste of genuine sports car performance without losing a jot of practicality and very little in the way of economy either.

The third generation model retains the angular, upright shape but has more cabin space. In fact, it's marginally roomier than the

original X5 model. Obvious visual giveaways are the larger grille and new tail light clusters.

Under the bonnet is a three-litre turbo diesel that pumps out a substantial 261bhp and packs oodles of torque for mid-range overtaking. Floor the right pedal and it hits 62mph in

under six seconds – that's Porsche Boxster territory.

It is not only straight line speed that the X3 majors on. Unlike a lot of crossovers and high riders, the BMW can be hustled confidently through the curves with little body roll and ample adhesion. True, the ride at low speeds is a trifle harsh for a passenger vehicle, but

many will feel it's a minor pitfall worth putting up with.

With a perfect 50-50 weight distribution, it remains composed and well planted on the road at speed. Directional changes and emergency manoeuvres are dealt with confidently. Full time four wheel drive copes easily with slippery conditions or loose stones.

The eight-speed automatic gearbox complete with steering wheel paddles is quick thinking and smooth, perfectly matching the X3's eager nature.

Despite the impressive pace, economy is surprisingly good. The official figure is 48.7mpg and most users will easily notch up around the 35mpg mark in real life conditions. Emissions of 153g/km mean reasonable BiK tax for company drivers.

The six cylinder engine is smooth and quiet at speed,

though can be a tad grumbly on start up at first.

The roomy cabin is far from utilitarian. With fine leather, robust switchgear and high grade plastic mouldings for the fascia, there's a sense of luxury and indulgence. Space – both legroom and headroom is plentiful and the boot can swallow up 550 litres of luggage before the split rear seats are folded down. The load platform is fairly low so there's no problem lifting in heavy cargo.

Seats are large and comfortable with ample adjustment and the steering wheel moves in and out and up and down, so it's easy finding the right driving position.

Maybe not as pretty or startling visually as some rivals, the latest X3 is an accomplished SUV – especially for those who like a sporty drive.



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SPORTAGE

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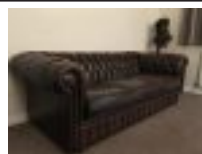
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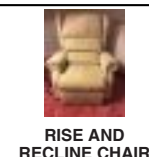
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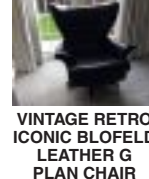
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Young judo stars impress

A YOUNG Harlow Judo Club squad picked up a superb medal haul of five golds, one silver and three bronze at the Moberly Red and Yellow Belt Rumble.

The event attracted the best clubs in London, Hertfordshire and Essex and the Harlow team – mentored by 12-year-old Owen Lambert – consisted of Millie Morgan (aged nine), Izzie Germaine (11), Eli Balski (eight), Ramy Mamouri (ten), George Franks (11), Fionn Healy (12), Harry Franks (ten), Thomas Norman (11) and Sorin Petrica (12).

Gold medals went to Eli, Millie, George, Thomas and Izzie with a silver for Sorin and bronze to Ramy, Harry and Fionn.

With an imminent grading for all of them, they will have to enjoy their current winning streak as most of the players will all move up to their next respective grade and the next level of competition.

Coach Mick Ellis said: "I am extremely proud of my next group of young red/ yellow belt competitors – they are improving greatly at each event and should all be very proud of themselves."



Harlow Judo Club's players from the Moberly Red and Yellow Belt Rumble

Police cop it as Hawks finally win

HARLOW Town came from behind twice in a seven goal thriller to beat Met Police 4-3 and secure a vital three points in their fight against the drop.

The hosts took the lead through Robbie Martin in a first half in which both sides created chances.

The game sprang into life in the second period when Met Police scored twice in a matter of minutes, before a Sam Clarke penalty drew Harlow level.

The visitors went straight back in front before Matt Foy made it three apiece with a well-taken header.

With just six minutes of normal time to play, Foy popped up with his second to seal all three points and the first win for the Hawks since January 6.

Harlow boss Danny Chapman said: "The result is fantastic for us – we really needed to get that win under our belts.

"We made life difficult for ourselves but I have to commend the boys, we really dug in.

"Other results went in our favour it gives us a six point cushion.

"We're starting to pick up points and another ten or 12 points should see us to safety.

"But we need to take it one game at a time.

"Our performances have been getting better."

The Hawks moved up to 22nd in the league table, level on points with Tooting & Mitcham United but with a superior goal difference.

This Saturday Hawks are away to Merstham FC.

Derby woe for Harlow

HARLOW Rugby Club lost out 13-10 to derby rivals Epping Upper Clapton in London Two North East in a match which saw them missing key back row players Shaun Roberts and Michael Weston.

Upper Clapton got onto the scoresheet first with a penalty after 15 minutes, and extended their advantage just before the half hour mark with a try.

The Harlow forwards continued to attack Upper Clapton with a driving maul and Josh Drake found space to go over the line to make it 8-5 at half-time.

Eight minutes into the second half Upper Clapton were awarded their second yellow card for foul play.

However, Harlow couldn't take advantage and it was Upper Clapton who scored their second try to make it 13-5.

A late push from Harlow saw hooker Martin Mallia go over the whitewash from a line out to bring the final score to 13-10.

Harlow came away with a bonus point keeping them in fifth place in the table.

Brilliant Boggon is on track to stardom

Passmores student wins Abu Dhabi junior race

PASSMORES Academy student Kai Boggon has started the season in style by winning the Abu Dhabi Junior Triathlon held at the famous Yas Marina Formula One track.

Boggon was undaunted going into the event, despite being pitted against a very strong group of around 79 young athletes from around the world – with 20 having qualified as elite youth competitors.

The race started in the marina in front of the Yas Hotel, and the weather was surprisingly wet, with rain one hour before the start. This made the course very slippery so great care was needed on the bike.

Boggon made a blistering start in the 400m swim in the marina, exiting the water in a fantastic second place, just one second behind the leader.

Having made a great transition to start the 10.5k bike element

around the F1 track.

This proved a scary affair as the track was so wet and athletes were coming off their bikes all around the track. Boggon did well to keep up with the leader, but trailed by three seconds.

Then, with another swift transition, Boggon began the 2.5k run along the side of the track, and again ran his heart out.

Taking the lead quite quickly he then began to pull away and stayed in front all the way to the finish to take gold, ten seconds ahead of the field.

Boggon completed the whole race in a very impressive time of 31min 29sec, with his parents and family there to greet him at the finish.

"One of the highlights was meeting some of the best triathletes in the world," said Boggon.

"I chatted with Jonny Brownlee about his new bike, and then had the chance to talk to world cham-



Kai Boggon in action at the Abu Dhabi Junior Triathlon

pion Mario Mola from Spain.

"It was a memorable event."

Boggon is now going full steam ahead into the triathlon super series season.

He raced again on Sunday in

the World Duathlon championships qualifier in Bedford where he was pitted against adults but still came a respectable 23rd overall and sixth in the 15-19 year age group.

After the race was informed he had qualified to represent Great Britain in Denmark in the U20s category.

Improving

He trains with the East Region British Triathlon Academy twice a month on top of an already hard training regime, and he hopes to keep improving.

"This is my first step on the ladder to hopefully achieving my dream of representing GB one day on the big stage," added Boggon.

During the winter he has been busy racing cross country, and a tough season saw him finish second in the Essex Championships and win the U15 Metropolitan League.

His best performance was coming fourth in the Southern Cross Country Championships in Brighton with a great sprint finish.

Boggon also competed in the West Essex Schools cross country race where he finished second.

The top eight went on to the Essex Schools Championships in Chelmsford, and representing West Essex he ran against boys from the year above to come home in fourth place.

He will now be competing in the English Schools Cross Country Championships in Leeds at the end of the month.

He ran again for Essex in the Inter Counties and despite falling with around 1.5k to he finished a fantastic 13th out of 350 runners from all over the UK.

His coach, John Stow, said: "Kai had an outstanding performance at Abu Dhabi which was a reward for a winter of hard training."